

# Hadley Farms Nutrition Label

**1442IW Whole Grain Apple Flip 2.8 oz.**

<b>Nutrition Facts</b>		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 flip (79g)		<b>Total Fat</b> 7g	<b>10%</b>	<b>Total Carb.</b> 31g	<b>10%</b>
Serv. Per Cont. 180		Sat. Fat 1.5g	6%	Fiber 3g	12%
<b>Calories</b> 200		<i>Trans</i> Fat 0g		Sugars 6g	
Fat Cal. 60		<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 4g	
		<b>Sodium</b> 230mg	<b>9%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 40%	Vitamin C 4%	Calcium 4%	Iron 8%

**INGREDIENTS:**

Whole Grain White Wheat Flour, Enriched Wheat Flour (Unbleached Enriched Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Apple Filling (Water, Sugar, Modified Food Starch, Evaporated Apples, Corn Syrup, Cinnamon, Lemon Juice Concentrate, Locust Bean Gum, Artificial Flavors and Citric Acid), Soybean Oil, Crystalline Fructose, Dough Conditioners (Guar and/or Arabic Gums, DATEM, Calcium Sulfate, Soybean Oil, Enzymes, Ascorbic Acid, L-Cysteine, Sodium Stearoyl Lactylate [SSL]), Egg Replacer (Whole Soy Flour, Wheat Gluten, Corn Syrup Solids, Algin), Contains less than 2% of: Yeast (Leavening), Vital Wheat Gluten, Milk Powder Replacer (Soy Flour, Corn Flour), Salt, Natural Orange Flavoring, Soy Flour, Guar Gum, Malt Powder (Malted Barley, Dextrose), Calcium Propionate (Preservative), Soybean Lecithin, Vitamin A Palmitate added.

16.33 grams Whole Grain per Flip (51%)  
 15.69 grams Enriched Grain per Flip (49%)  
 2.0 OZ EQ per Flip

**Competitive Foods Data**

Percent calories from Fat (<=35%) 31.50%  
 Percent Calories from Sat Fat (<10%) 6.75%  
 Percent Sugar by Weight (<=35%) 7.59%

**ALLERGEN INFORMATION**

CONTAINS: Soy, Wheat