

Nutrition Facts

Serving Size 1 slice (12g)

Serving Per Container About 12

Amount Per Serving

Calories 260

Calories from Fat 120

%Daily Value*

Total Fat 14g **21%**

Saturated Fat 3.5g **17%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **11%**

Total Carbohydrate 30g **10%**

Dietary Fiber 3g **11%**

Sugars 12g

Protein 7g **15%**

Vitamin A 0%

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Vitamin C 4%

Calcium 6%

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Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Seeds, sunflower seed butter, without salt, Syrups, maple, Wheat flour, white, all-purpose, unenriched, Squash, summer, zucchini, includes skin, raw, GO VEGGIE Dairy Free Classic Plain Cream Cheese Alternative, Milk, dry, nonfat, calcium reduced, Cocoa, dry powder, unsweetened, processed with alkali, Baking chocolate, unsweetened, squares, Sugars, powdered, Oil, flaxseed, contains added sliced flaxseed, Vinegar, cider, Vanilla extract, Salt, table

Contains: Milk, Wheat