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<p>DOUGH: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, non GMO palm margarine (palm oil, water, salt, vegetable monoglycerides, natural butter flavor [milk]), sodium benzoate [a preservative], citric acid, vitamin A palmitate added and beta carotene [color], sugar, milk solids (milk protein concentrate, nonfat dry milk, lactose), powdered egg blend (wheat flour, soybean oil, cellulose gum, whole egg solids, lecithin, sodium bicarbonate, salt, annatto and turmeric), yeast, salt, dough conditioner (wheat flour, dextrose, diacetyl tartaric acid esters of mono and diglycerides [DATEM], contains 2% or less of soy oil, ascorbic acid, enzyme).</p> <p>FILLING: Water, high fructose corn syrup, evaporated apples (preserved with sulfur dioxide), modified food starch, sugar, citric acid, salt, sodium citrate, sodium benzoate and potassium sorbate (as preservatives), spices, gellan gum, ascorbic acid, artificial flavor, calcium chloride.</p> <p>FROSTING: Powdered sugar, water, vegetable oil spread (vegetable oil blend [partially hydrogenated soybean oil and liquid soybean oil], water, salt, whey, vegetable mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavor, colored with beta carotene, vitamin A palmitate added), nonfat dry milk, vanilla.</p> <p><small>Contains the following allergens: Wheat, Milk, Soybeans, Eggs. Allergy Information: Manufactured on equipment that processes products containing nuts.</small></p>	<h2>Nutrition Facts</h2> <p>Serving Size 1/10 Braid (62 grams) Servings Per Container 10</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> </tr> </thead> <tbody> <tr> <td>Calories 160</td> <td>Calories from Fat 25</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 2.5g</td> <td>4%</td> </tr> <tr> <td>Saturated Fat 1g</td> <td>5%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 5mg</td> <td>1%</td> </tr> <tr> <td>Sodium 210mg</td> <td>9%</td> </tr> <tr> <td>Total Carbohydrate 31g</td> <td>10%</td> </tr> <tr> <td>Dietary Fiber less than 1g</td> <td>3%</td> </tr> <tr> <td>Sugars 15g</td> <td></td> </tr> <tr> <td colspan="2">Protein 3g</td> </tr> <tr> <td>Vitamin A 2%</td> <td>• Vitamin C 10%</td> </tr> <tr> <td>Calcium 0%</td> <td>• Iron 6%</td> </tr> </tbody> </table> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:</small></p> <table border="1"> <thead> <tr> <th></th> <th>Calories</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table> <p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p>	Amount Per Serving		Calories 160	Calories from Fat 25	% Daily Value*		Total Fat 2.5g	4%	Saturated Fat 1g	5%	Trans Fat 0g		Cholesterol 5mg	1%	Sodium 210mg	9%	Total Carbohydrate 31g	10%	Dietary Fiber less than 1g	3%	Sugars 15g		Protein 3g		Vitamin A 2%	• Vitamin C 10%	Calcium 0%	• Iron 6%		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
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Leaving out the frosting saves approximately .5g of Fat and 7g of Sugars per serving.



All Braided Bread products are trans-fat free and meet school nutrition laws!



Country Creations of the Rockies

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