

ALBIE'S FOODS, INC.
NUTRITIONAL PANEL & INGREDIENT LIST

WHOLE GRAIN WOWBUTTER & GRAPE JELLY
72-2.4 oz. Individually Wrapped Sandwiches
Product Code #607

Nutrition Facts	
Serving Size 1 sandwich (68g)	
Amount Per Serving	
Calories 290	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 11g	
Protein 9g	
Calcium 8%	Iron 15%
Not a significant source of vitamin A and vitamin C.	
* 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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



SIMPLY THAW AND SERVE

C.N. EQUIVALENTS – 1 MMA/1 GRAIN or ¼ C VEGETABLES (Legume) / 1 GRAIN

Shelf Life: 6 months frozen. For best results use within 48 hours after thawing.

INGREDIENTS: **BREAD:** Whole Grain Wheat Flour, Water, Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Sugar, Wheat Gluten, Resistant Corn Starch, Soybean Oil, Salt, Yeast, Monoglycerides, Modified Whey, Calcium Propionate (A Preservative), Butter Flavor, Citric Acid, Calcium Sulfate, Vitamin D2 (Ergocalciferol), Ascorbic Acid. **JELLY:** Grape Juice, Sugar, Corn Syrup, Fruit Pectin, Citric Acid, Sodium Citrate, Potassium Sorbate. **WOWBUTTER:** Whole Toasted Soy, Pressed Soy Oil, Cane Sugar, Palm Oil (Sustainable), Sea Salt.

Albie's Wowbutter & Jelly Sandwich is made with at least 51% whole grain wheat flour.

CONTAINS: WHEAT, MILK AND SOY PRODUCTS.