Italian Ciabatta

Nutrition Facts

1 Serving Per Container Serving Size 1 Each (198g)

Amount Per Serving

Amount Per Serving	
Calories	437
	% Dailv Value *
Total Fat 29g	37%
Saturated Fat 11g	56%
Trans Fat 0g	
Cholesterol 123mg	41%
Sodium 1683mg	73%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0 added Sugars	NA
Protein 34g	
Vitamin D NA	NA
Calcium 250mg	19%
Iron 1mg	6%
Potassium 395mg	8%

The Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CIABATTA (UNBLEACHED WHEAT FLOUR (WHEAT FLOUR; MACIN; REDUCED IRON; THIAMINE MONONITRATE; RIBOFLAVIN; FOLIC ACID; MALTED BARLEY FLOUR; WATER; OLIVE FOMACE OIL; SALT; BUTTERMILK; MALTED BARLEY FLOUR; POTATO FLOUR; YEAST, CULTURED WHEAT FLOUR; CALCIUM SULFATE; WHEAT FLOUR; BARLEY FLOUR; CALCIUM SULFATE; WHEAT FLOUR; BASYMES; DOUB, CALCIUM CONDITIONER (WHEAT FLOUR; ASCORBIC ACID; ENZYMES); BLACK FOREST SLICED HAM (HAM; WATER; CULTURED SUGAR AND VINEGAR; SALT; SUGAR; SODIUM PHOSPHATE; NATURAL FLAVORS; SODIUM PHOSPHATE; NATURAL FLAVORS; SODIUM PHOSPHATE; SODIUM MITRITE; PROVIO, DNE CHEESE (PASTEURIZED MILK; MODIFIED MILK INGREDIENTS; BACTERIAL CULTURE; SALT; CALCIUM CHLORIDE; SALT; WATER, DENTROSE; SPICES; LACTIC ACID STARTER CULTURE; CLOFESIN OF PAPIKA; GARLE POWDER; SODIUM NITRITE; BHAL; BHT; CITRIC ACID; PESTO MAYONNAISE (MAYONNAISE (SOYBEAN OIL; VINEGAR; EGGS; WATER; SALT; EGG YOLKS; SUGAR; CALCIUM DISODIUM EDTA; DRIED GARLIC; DRIED ONIONS; NATURAL FLAVOR; BASIL PESTO (BASIL; CANOLA OIL; WATER; PARMESAN CHEESE (SKIM MILK; CHEESE CULTURE; SALT; PARMESAN CHEESE (SKIM MILK; CHEESE CULTURE; SALT); SALT); SALT); SALT); SGRAULTED GARLIC; SALT); SA

CONTAINS EGG, SOYBEANS, MILK, CORN