

Banana Walnut - Ogden

Nutrition Facts	
Serving Size 1 slice 1/9 loaf 2oz (56g) Servings Per Container About 9	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 115mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 3g	
Vitamin A 4%	• Vitamin C 4%
Calcium 2%	• Iron 4%
*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
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Banana, Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Butter (Pasteurized Cream, Salt), Walnuts, Eggs, Baking Soda, Artificial Vanilla Flavoring and Cinnamon.

CONTAINS: WHEAT, WALNUTS, MILK AND EGG