



Aladdin Bakers, Inc.
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8 inch Wheat Panini (3.5 oz) - Aladdin 09.02.16

One 99 gram panini contains 44 grams Whole Grains

Nutrition Facts	
Serving Size 1 Panini (99g)	
Servings Per Container 1	
Amount Per Serving	
Calories 310	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.5g	
Cholesterol 0mg	0%
Sodium 710mg	30%
Total Carbohydrate 52g	17%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 10g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 15%
Thiamin 25%	• Riboflavin 15%
Niacin 20%	• Folate 30%
*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:

WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, VITAL WHEAT GLUTEN, DEXTROSE, SODIUM BICARBONATE, FUMARIC ACID, HYDROGENATED SOYBEAN OIL, SODIUM ALUMINUM PHOSPHATE, PRESERVATIVES (CALCIUM PROPIONATE, POTASSIUM SORBATE), SODIUM ACID PYROPHOSPHATE, MONO- AND DIGLYCERIDES, SODIUM ALUMINUM SULFATE, CARBOXYMETHYLCELLULOSE, SOYBEAN OIL, ENZYMES, L-CYSTEINE HYDROCHLORIDE

CONTAINS WHEAT, SOY