



10" Oat Topped Wheat Sub



Item # 3057

Product Specifications*

Length: 10"
 Width: 2.5"
 Weight: 4 oz
 Slice: Hinge

Packing Specifications

Packages: 8/6 count
 Net case weight: 12 lbs
 Gross case weight: 15.15 lbs

Product Handling

Keep frozen until ready to use
 Frozen shelf life: 180 days
 Thawed Shelf Life: 3-5 days

*Product specifications can be changed upon customer request

Updated: 2/23/2018

Nutrition Facts

Serving Size 100 g
 Servings Per Container 1

Amount Per Serving

Calories 190 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 400mg 17%

Potassium 150mg 4%

Total Carbohydrate 44g 15%

Dietary Fiber 1g 3%

Sugars 6g

Protein 10g

Vitamin A 0% • Vitamin C 6%

Calcium 6% • Iron 8%

Vitamin D 0%

* 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	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Potassium	Less than	3,500 mg	3,500 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched wheat flour(wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), Water, Flour, Medium Wheat, Stone Ground, Base (dextrose, vegetable shortening [Palm oil, soybean oil, mono and diglycerides], vital wheat gluten, salt, sweet dairy whey [milk], enriched bromated wheat flour [bleached wheat flour, malted barley flour, iron, niacin, potassium bromate, thiamine mononitrate, riboflavin, folic acid], nonfat dry milk, soy flour, mono and diglycerides with citric acid [used as an antioxidant], distilled monoglyceride, sodium stearoyl lactylate, diacetyl, tartaric acid esters of mono and diglycerides [DATEM], calcium propionate, malted barley flour, calcium sulfate, soybean oil, ammonium sulfate, enzymes, monocalcium phosphate, ascorbic acid), Topping (Oat Flakes, Brown Flax, Hulled Millet, Precooked Rye Flakes, Precooked Rye Meal, Hulled Sunflower Seeds, Precooked Triticale Flakes, White Sesame Seeds), Yeast, Honey, Vital Wheat Gluten
 CONTAINS: MILK, SOY, WHEAT