20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

1448 100% Whole Wheat Bread #28 22sl 24oz Klosterman Sprgfld

Nutri Serving Size Servings Per	1 Slice ((31g)	cts
Amount Per Sei	rving		
Calories 70	Cal	ories fron	n Fat 10
		% Da	aily Value*
Total Fat 1g			2%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 135	mg		6%
Total Carbo	hydrate	14g	5%
Dietary Fil	ber 2g		8%
Sugars 2g]		
Protein 3g			
Vitamin A 0%	6	Vitamin (0%
Calcium 4%	•	Iron 4%	
Thiamin 6%	•	Riboflavi	n 2%
Niacin 4%	•	Folate 2%	/ / ₆
*Percent Daily Vadiet. Your daily valeending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g



The Long Company Sample #118645

This product contains 16g Whole Grain per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

1448 100% Whole Wheat Bread #28 22sl 24oz Klosterman Sprgfld

INGREDIENTS: Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Polydextrose, Contains 2% or less of the following: Soybean Oil, Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Corn Syrup, Soy Lecithin, Vinegar, Dough Conditioners (Sodium Stearoyl Lactylate, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Calcium Propionate (Preservative).

Contains: Wheat, Soy

The Long Company Sample #118645

This product contains 16g Whole Grain per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

 $\frac{10/15/2015}{\text{Disclaimer: The information provided in this or any other version of The Long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice, but general information based on the long Company Audits and Reports is not legal advice.$

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3221 Whole Grain Rich Large Breadstick 39g Klosterman Spring

Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 180mg Total Carbohydrate 17g Dietary Fiber 2g Sugars 1g Protein 3g Vitamin A 0% Calcium 4% Iron 6% Thiamin 10% Riboflavin 4% Niacin 6% *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 Calories: 2,000 Total Fat Saturated Fat Less than Less than Sodium Less than Sodium Less than Less than Less than Sodium Less than Sodium Less than Calories: 2,400mg Sodium Less than Sodium Less than Sodium Less than Sodium Less than Less than Sodium Less than Sodium Less than Less than Sodium	Nutri Serving Size Servings Per	1 Bread	stick (39g	
## Daily Value Total Fat 0.5g	Amount Per Ser	ving		
Total Fat 0.5g	Calories 90	Ca	alories fro	m Fat 5
Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 180mg Total Carbohydrate 17g Dietary Fiber 2g Sugars 1g Protein 3g Vitamin A 0% Calcium 4% Iron 6% Thiamin 10% Riboflavin 4% Niacin 6% *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 Calories: 2,000 Total Fat Saturated Fat Less than Saturated Fat Less than Sodium			% Da	aily Value*
Trans Fat 0g Cholesterol 0mg Sodium 180mg Rodium 180mg Total Carbohydrate 17g Dietary Fiber 2g Sugars 1g Protein 3g Vitamin A 0% Calcium 4% Iron 6% Thiamin 10% Riboflavin 4% Niacin 6% 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 Calcium 4% Calcium 4% Calcium 4% Calcium 4% Porcent 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 Calcium 4% Calcium 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 Calcium 4% Calcium 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 Calcium 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 Calcium 4% Percent Daily Values are based on a 2,000 calorie depending on your calorie needs: Calories: 2,000 Calcium 4% Percent Daily Values are based on a 2,000 calorie depending on your calorie needs: Calories: 2,000 Calcium 4% Percent Daily Values are based on a 2,000 calorie depending on your calorie needs: Calories: 2,000 Calcium 4% Percent Daily Values are based on a 2,000 calorie depending on your calorie needs: Calories: 2,000 Calcium 4% Percent Daily Values are based on a 2,000 calorie depending on your calorie needs: Calories: 2,000 Calcium 4% Percent Daily Values are based on a 2,000 calorie depending on your calorie needs: Calories: 2,000 Calcium 4% Percent Daily Values are based on a 2,000 calorie depending on your calorie needs: Calories: 2,000 Calcium 4% Percent Daily Values are based on a 2,000 calorie depending on your calorie needs: Calories: 2,000 Calcium 4% Percent Daily Values are based on a 2,000 calorie depending on your calorie needs:	Total Fat 0.5	j g		1%
Cholesterol 0mg 0% Sodium 180mg 8% Total Carbohydrate 17g 6% Dietary Fiber 2g 8% Sugars 1g Protein 3g Vitamin A 0% Vitamin C 0% Calcium 4% Iron 6% Thiamin 10% Riboflavin 4% Niacin 6% Folate 6% *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 25g Saturated Fat Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg 2,400mg	Saturated	Fat 0g		0%
Sodium 180mg 8% Total Carbohydrate 17g 6% Dietary Fiber 2g 8% Sugars 1g Protein 3g Vitamin A 0% • Vitamin C 0% Calcium 4% • Iron 6% Thiamin 10% • Riboflavin 4% Niacin 6% • Folate 6% *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 25g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg	Trans Fat	0g		
Total Carbohydrate 17g 6% Dietary Fiber 2g 8% Sugars 1g Protein 3g Vitamin A 0% • Vitamin C 0% Calcium 4% • Iron 6% Thiamin 10% • Riboflavin 4% Niacin 6% • Folate 6% *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 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg 2,400mg	Cholesterol	0mg		0%
Dietary Fiber 2g Sugars 1g Protein 3g Vitamin A 0% Iron 6% Thiamin 10% Riboflavin 4% Niacin 6% 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 Calories: 2,000 Total Fat Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg Sodium Less than 300mg 1,400mg	Sodium 180	mg		8%
Sugars 1g Protein 3g Vitamin A 0% • Vitamin C 0% Calcium 4% • Iron 6% Thiamin 10% • Riboflavin 4% Niacin 6% • Folate 6% *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 Sodium Less than 2,400mg 2,400mg	Total Carbo	hydrate	17g	6%
Protein 3g Vitamin A 0% • Vitamin C 0% Calcium 4% • Iron 6% Thiamin 10% • Riboflavin 4% Niacin 6% • Folate 6% *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 2,400mg	Dietary Fil	per 2g		8%
Vitamin A 0% Calcium 4% Iron 6% Thiamin 10% Riboflavin 4% Niacin 6% *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 2,400mg	Sugars 1g			
Calcium 4% Iron 6% Thiamin 10% Riboflavin 4% Niacin 6% *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 2,400mg	Protein 3g			
Thiamin 10% • Riboflavin 4% Niacin 6% • Folate 6% *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	Vitamin A 0%	6 •	Vitamin (C 0%
Niacin 6% *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	Calcium 4%	•	Iron 6%	
*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	Thiamin 10%	•	Riboflavi	n 4%
diet. Your daily values may be higher or lower depending on your calorie needs: 2,000 2,500 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	Niacin 6%	•	Folate 69	%
Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg	diet. Your daily v	alues may t ur calorie ne	oe higher or eeds:	lower
Dietary Fiber 25g 30g Calories per gram:	Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than ate	20g 300mg 2,400mg 300g	25g 300mg 2,400mg 375g



The Long Company Sample #118704

This product contains 14g Whole Grain per serving.

This product contains 9g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3221 Whole Grain Rich Large Breadstick 39g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Contains 2% or less of the following: Yeast, Corn Syrup, Salt, Soybean Oil, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Ammonium Sulfate, Calcium Sulfate).

Contains: Wheat

The Long Company Sample #118704

This product contains 14g Whole Grain per serving.

This product contains 9g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

PREMIED CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3228 3.5in Whole Grain Rich Bun F#76C 45g Klosterman Spgfld

Nutri Serving Size Servings Per	1 Bun (45g)	cts
Amount Per Ser	ving		
Calories 110) Ca	lories fror	n Fat 15
		% D	aily Value*
Total Fat 1.5	g		2%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 190	mg		8%
Total Carbo	hydrate	20g	7%
Dietary Fil	per 2g		8%
Sugars 3g			
Protein 4g			
Vitamin A 0%	6 •	Vitamin (C 0%
Calcium 6%	•	Iron 6%	
Thiamin 10%	•	Riboflavi	n 6%
Niacin 8%	•	Folate 6	%
*Percent Daily Va diet. Your daily va depending on you	alues may	be higher or	000 calorie lower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C	n:	20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g



The Long Company Sample #118647

This product contains 14g Whole Grain per serving.

This product contains 10g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010 Ch

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3228 3.5in Whole Grain Rich Bun F#76C 45g Klosterman Spgfld

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118647

This product contains 14g Whole Grain per serving.

This product contains 10g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____ AL Bachman_____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3474 4in Whole Grain Rich Bun F#76 56g 12ct Klosterman Spgfl

Nutriti Serving Size 1 E Servings Per Co	3un (5	 i6g)	cts
Amount Per Serving	J		
Calories 140	Cald	ories fron	n Fat 15
		% Da	aily Value*
Total Fat 2g			3%
Saturated Fat	t 0g		0%
Trans Fat 0g			
Cholesterol 0m	ıg		0%
Sodium 230mg			10%
Total Carbohyo	drate :	25g	8%
Dietary Fiber	2g		8%
Sugars 3g			
Protein 5g			
Vitamin A 0%	• '	Vitamin (C 0%
Calcium 6%	•	Iron 8%	
Thiamin 15%	•	Riboflavi	n 6%
Niacin 10%	•	Folate 8%	6
*Percent Daily Values diet. Your daily values depending on your ca Cal	s may b	e higher or l	
Total Fat Les Saturated Fat Les Cholesterol Les	ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g



The Long Company Sample #118650

This product contains 17g Whole Grain per serving.

This product contains 13g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3474 4in Whole Grain Rich Bun F#76 56g 12ct Klosterman Spgfl

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118650

This product contains 17g Whole Grain per serving.

This product contains 13g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____AL Bachman____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3699 Whole Grain Rich Small Breadstick 31g Klosterman Spring

Nutri Serving Size Servings Per	1 Bread	stick (31g	
Amount Per Sei	rving		
Calories 70	Ca	alories fro	m Fat 5
		% Da	aily Value*
Total Fat 0.5	5g		1%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 140	mg		6%
Total Carbo	hydrate	14g	5%
Dietary Fi	ber 2g		8%
Sugars 0g]		
Protein 3g			
Vitamin A 0%	6 •	Vitamin (C 0%
Calcium 2%	•	Iron 4%	
Thiamin 8%	•	Riboflavi	n 4%
Niacin 6%	•	Folate 49	%
*Percent Daily Vodiet. Your daily vodepending on your	alues may b	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar	m:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g



The Long Company Sample #118685

This product contains 11g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3699 Whole Grain Rich Small Breadstick 31g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Contains 2% or less of the following: Yeast, Corn Syrup, Salt, Soybean Oil, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Ammonium Sulfate, Calcium Sulfate).

Contains: Wheat

The Long Company Sample #118685

This product contains 11g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3709 Whole Grain Rich Hot Dog Bun 45g Klosterman Spring

Nutri Serving Size Servings Per	(45g)	0-	cts
Amount Per Ser	ving		
Calories 110) Cal	ories fron	n Fat 15
		% Da	aily Value*
Total Fat 1.5	5g		2%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 190	mg		8%
Total Carbo	hydrate	20g	7%
Dietary Fik	per 2g		8%
Sugars 3g			
Protein 4g			
Vitamin A 0%	6 ·	Vitamin (0%
Calcium 4%	•	Iron 6%	
Thiamin 10%	•	Riboflavi	n 6%
Niacin 8%	•	Folate 6%	6
*Percent Daily Vadiet. Your daily vadepending on you	alues may l	oe higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gran Fat 9 • C	ո։ Carbohydrat	e 4 • Prote	ein 4



The Long Company Sample #118706

This product contains 13g Whole Grain per serving.

This product contains 11g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____AL Bachman_____

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3709 Whole Grain Rich Hot Dog Bun 45g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Wheat Starch, Soy Lecithin.

Contains: Wheat, Soy

The Long Company Sample #118706

This product contains 13g Whole Grain per serving.

This product contains 11g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____AL Bachman_____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3727 100% Whole Wheat Hot Dog Buns 45g Klosterman Spring

Nutri Serving Size Servings Per	1 Bun (4	l5g)	cts
Amount Per Ser	ving		
Calories 110) Cal	ories fron	n Fat 15
		% Da	aily Value*
Total Fat 2g			3%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 210	mg		9%
Total Carbo	hydrate	20g	7%
Dietary Fil	per 2g		8%
Sugars 3g			
Protein 5g			
Vitamin A 0%	ó •	Vitamin (0%
Calcium 4%	•	Iron 6%	
Thiamin 10%	•	Riboflavi	n 4%
Niacin 6%	•	Folate 29	6
*Percent Daily Vadiet. Your daily vadepending on you	alues may b	e higher or	000 calorie lower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gram Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g



The Long Company Sample #118720

This product contains 24g Whole Grain per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3727 100% Whole Wheat Hot Dog Buns 45g Klosterman Spring

INGREDIENTS: Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Monoglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Soy Lecithin, Wheat Starch.

Contains: Wheat, Soy

The Long Company Sample #118720

This product contains 24g Whole Grain per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3736 Whole Grain Rich Large Hot Dog Bun 56g Klosterman Sprig

Nutrition Fa Serving Size 1 Bun (56g) Servings Per Container	cts
Amount Per Serving	
Calories 140 Calories fro	m Fat 20
% C	Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	
Vitamin A 0% • Vitamin	C 0%
Calcium 6% • Iron 8%	
Thiamin 15% • Riboflav	rin 6%
Niacin 10% • Folate 8	3%
*Percent Daily Values are based on a 2 diet. Your daily values may be higher o depending on your calorie needs: Calories: 2,000	
Total Fat Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g Dietary Fiber 25g Calories per gram: Fat 9 • Carbohydrate 4 • Pro	80g 25g 300mg



The Long Company Sample #118766

This product contains 17g Whole Grain per serving.

This product contains 14g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010 C

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3736 Whole Grain Rich Large Hot Dog Bun 56g Klosterman Sprig

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Wheat Starch, Soy Lecithin.

Contains: Wheat, Soy

The Long Company Sample #118766

This product contains 17g Whole Grain per serving.

This product contains 14g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3737 F35 5in Whole Grain Hoagy 62g Klosterman Springboro

Nutri Serving Size Servings Per	1 Bun (6	62g)	cts
Amount Per Ser	ving		
Calories 160) Cal	ories fron	n Fat 20
		% Da	ily Value*
Total Fat 2g			3%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 260	mg		11%
Total Carbo	hydrate	28g	9%
Dietary Fil	oer 2g		8%
Sugars 4g			
Protein 6g			
Vitamin A 0%	6 •	Vitamin (0%
Calcium 6%	•	Iron 10%	
Thiamin 15%	•	Riboflavi	n 8%
Niacin 10%	•	Folate 10)%
*Percent Daily Vadiet. Your daily vadiet. Your daily vadepending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g



The Long Company Sample #118513

This product contains 15g Whole Grain per serving.

This product contains 17g Enriched Wheat Flour per serving.
This product contains 33g Total Creditable Grains per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By ____AL Bachman____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3737 F35 5in Whole Grain Hoagy 62g Klosterman Springboro

INGREDIENTS: Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid), Wheat Starch, Corn Syrup, Soy Lecithin, Calcium Sulfate.

Contains: Wheat, Soy

The Long Company Sample #118513

This product contains 15g Whole Grain per serving.

This product contains 17g Enriched Wheat Flour per serving.
This product contains 33g Total Creditable Grains per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____AL Bachman____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3744 Whole Grain Rich Hoagie Roll 66g Klosterman Spring

Nutri Serving Size Servings Per	(66g)		cts
Amount Per Sei	ving		
Calories 170) Cal	ories fron	n Fat 20
		% Da	ily Value*
Total Fat 2.5	5g		4 %
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 280	mg		12%
Total Carbo	hydrate	30g	10%
Dietary Fil	ber 3g		12%
Sugars 4g	l		
Protein 6g			
Vitamin A 0%	6 ·	Vitamin (0%
Calcium 6%	•	Iron 10%	
Thiamin 20%	•	Riboflavi	n 8%
Niacin 10%	•	Folate 8%	6
*Percent Daily Valiet. Your daily value depending on your daily value.	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Fat 9 • (Carbohydrat	e 4 • Prote	ein 4



The Long Company Sample #118707

This product contains 19g Whole Grain per serving.

This product contains 16g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3744 Whole Grain Rich Hoagie Roll 66g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Wheat Starch, Soy Lecithin.

Contains: Wheat, Soy

The Long Company Sample #118707

This product contains 19g Whole Grain per serving.

This product contains 16g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____AL Bachman____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3746 100% Whole Wheat Hoagie Roll 66g Klosterman Spring

Nutri Serving Size Servings Per	1 Bun (6	<u>-</u> 66g)	cts
Amount Per Ser	rving		
Calories 160	Cal	ories fron	n Fat 25
		% Da	ily Value*
Total Fat 2.5	ōg		4%
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 300	mg		13%
Total Carbo	hydrate	29g	10%
Dietary Fil	ber 4g		16%
Sugars 4g	J		
Protein 7g			
Vitamin A 0%		Vitamin 0	0%
Calcium 6%		Iron 8%	
Thiamin 15%		Riboflavii	
Niacin 10%	•	Folate 4%	6
*Percent Daily Va diet. Your daily v depending on you	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
		e 4 • Prote	ein 4



The Long Company Sample #118721

This product contains 34g Whole Grain per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____AL Bachman_____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3746 100% Whole Wheat Hoagie Roll 66g Klosterman Spring

INGREDIENTS: Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Monoglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Soy Lecithin, Wheat Starch.

Contains: Wheat, Soy

The Long Company Sample #118721

This product contains 34g Whole Grain per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

10/15/2015 By ___AL Bachman_
Disclaimer: The information provided in this or any other version of The Long Company Audits and Reports is not legal advice, but general information based on

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3920 Whole Grain Rich Pan Roll F#77 32g Klosterman Spgfld

Nutri Serving Size Servings Per	1 Bun (3	32g)	cts
Amount Per Ser	ving		
Calories 80	Cal	ories fron	n Fat 10
		% Da	aily Value*
Total Fat 1g			2%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 135	mg		6%
Total Carbol	hydrate	15g	5%
Dietary Fit	er 1g		4%
Sugars 2g			
Protein 3g			
Vitamin A 0%	, •	Vitamin (0%
Calcium 4%	•	Iron 4%	
Thiamin 8%	•	Riboflavi	n 4%
Niacin 6%	•	Folate 49	6
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gram Fat 9 • C	า:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g



The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3920 Whole Grain Rich Pan Roll F#77 32g Klosterman Spgfld

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____AL Bachman_____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3939 Whole Grain Rich Slammer F#77 32g Klosterman Spgfld

Nutrit Serving Size Servings Per	1 Bun (3	2g)	cts
Amount Per Serv	ring		
Calories 80	Cald	ories fron	n Fat 10
		% Da	ily Value*
Total Fat 1g			2%
Saturated F	Saturated Fat 0g		
Trans Fat 0)g		
Cholesterol (Omg		0%
Sodium 135mg			
Total Carboh	ydrate	15g	5%
Dietary Fib	er 1g		4%
Sugars 2g			
Protein 3g			
Vitamin A 0%	• '	Vitamin (0%
Calcium 4%	•	Iron 4%	
Thiamin 8%	•	Riboflavi	n 4%
Niacin 6%	•	Folate 4%	6
*Percent Daily Val diet. Your daily val depending on your	lues may be	e higher or l	
Saturated Fat Cholesterol	:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g



The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By AL Bachman

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3939 Whole Grain Rich Slammer F#77 32g Klosterman Spgfld

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____ AL Bachman_____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

7511 F201 Whole Wheat Slim Kroger 43g 8ct Klosterman Springboro

Nutri Serving Size Servings Per	1 Slim ((43g)	cts
Amount Per Sei	rving		
Calories 90	Ca	lories fror	n Fat 10
		% D	aily Value*
Total Fat 1g	ı		2%
Saturated Fat 0g			0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 135	mg		6%
Total Carbo	hydrate	19g	6%
Dietary Fil	ber 5g		20%
Sugars 2g	J		
Protein 4g			
Vitamin A 0%	6	Vitamin (C 0%
Calcium 8%	•	Iron 6%	
Thiamin 10%	ó •	Riboflavi	n 4%
Niacin 8%	•	Folate 2°	%
*Percent Daily Vadiet. Your daily value depending on your daily value.	alues may	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar		9	80g 25g 300mg 2,400mg 375g 30g
		te 4 • Prot	ein 4



The Long Company Sample #118516

This product contains 20g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015 By _____AL Bachman_____

20 North Wacker Drive Suite 1010

Chicago, IL 60606

312.726.4606 FAX 312.726.4625

7511 F201 Whole Wheat Slim Kroger 43g 8ct Klosterman Springboro

INGREDIENTS: Whole Wheat Flour, Water, Wheat Bran, Cellulose, Wheat Gluten, Sugar, Yeast, Contains 2% or less of the following: Soybean Oil, Dough Conditioners (Monoglycerides, DATEM, Ascorbic Acid, Polydextrose, Salt, Calcium Propionate (Preservative), Vinegar, Xanthan Gum, Calcium Sulfate, Sorbic Acid, Stevia (Rebaudioside A).

Contains: Wheat

The Long Company Sample #118516

This product contains 20g Whole Grain per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

DENNIED CONIGUITANTS TO THE BAYING INDUSTRY SINCE 1900

10/15/2015 By _____AL Bachman____

06/27/2014

		ner 6	
Amount Per Ser			
Calories 130) Ca		om Fat 10
		%	Daily Value
Total Fat 1.5	•		2%
Saturated Fat 0g			0%
Trans Fat	<u> </u>		
Polyunsat			
Monounsa	turated	Fat 0g	
Cholesterol			0%
Sodium 250	mg		10%
Total Carbo	hydrate	23g	8%
Dietary Fil	oer 3g		12%
Sugars 1g			
Protein 7g			
Vitamin A 0%	•	Vitamir	C 2%
Calcium 4%		Iron 8%	6
Vitamin D 0%	6 •	Vitamir	E 2%
Vitamin K 2%	6 •	Thiami	n 20%
Riboflavin 69	6 •	Niacin	8%
Vitamin B6 6	% •	Folate	4%
Vitamin B12	0% •	Phospi	norus 10%
lodine 0%	•	Magne	sium 10%
Zinc 6%	•	Manga	nese 60%
*Percent Daily Va diet. Your daily va depending on you	alues may	be higher of	
Total Fat Saturated Fat	Less than Less than	65g 20g	80g 25g 300mg

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF: SUGAR, CITRIC ACID, FUMARIC ACID, MALTED BARLEY FLOUR, DEGERMED YELLOW CORNMEAL, REDUCED IRON, SODIUM STEAROYL LACTYLATE, GUAR GUM, DATEM, MONO- AND DIGLYCERIDES, CALCIUM SULFATE, ASCORBIC ACID, ENZYMES, CALCIUM PEROXIDE, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SALT, SOYBEAN OIL, VINEGAR, DEGERMED YELLOW CORN FLOUR.

CONTAINS: WHEAT

Multi Column: 503523C 100% Whole Wheat EM

Multi-Column

Nutrients	Per 100g	Nutrients	Per 100g
Basic Components		Vitamin B12 (mcg)	0.02
Gram Weight (g)	100.00	Biotin (mcg)	2.34
Calories (kcal)	221.47	Vitamin C (mg)	2.86
Calories from Fat (kcal)	21.76	Vitamin D - IU (IU)	0.64
Calories from SatFat (kcal)	6.65	Vitamin D - mcg (mcg)	0
Protein (g)	12.02	Vitamin E - Alpha-Toco (mg)	0.41
Carbohydrates (g)	40.99	Folate (mcg)	25.35
Dietary Fiber (g)	6.11	Folate, DFE (mcg)	23.44
Soluble Fiber (g)	1.09	Vitamin K (mcg)	1.74
Total Sugars (g)	1.09	Pantothenic Acid (mg)	0.33
Monosaccharides (g)	0.00	Minerals	
Disaccharides (g)	0.00	Calcium (mg)	80.89
Other Carbs (g)	33.12	Chromium (mcg)	0.02
Fat (g)	2.42	Copper (mg)	0.22
Saturated Fat (g)	0.74	Fluoride (mg)	0.04
Mono Fat (g)	0.28	lodine (mcg)	0
Poly Fat (g)	1.04	Iron (mg)	2.82
Trans Fatty Acid (g)	0.01	Magnesium (mg)	77.92
Chalesterol (mg)	0	Manganese (mg)	2.16
Water (g)	42.24	Molybdenum (mcg)	- 3 a a a
Vitamins		Phosphorus (mg)	206.56
Vitamin A - IU (IU)	7.56	Potassium (mg)	214.51
Vitamin A - RE (RE)	0.51	Selenium (mcg)	32.86
Vitamin A - RAE (RAE)	0.25	Sodium (mg)	440.07
Carotenoid RE (RE)	0.51	Zinc (mg)	1.65
Retinol RE (RE)	0	Poly Fats	
Beta-Carotene (mcg)	2.79	Omega 3 Fatty Acid (g)	0.07
Vitamin B1 (mg)	0.49	Omega 6 Fatty Acid (g)	0.79
Vitamin B2 (mg)	0.16	Other Nutrients	
Vitamin B3 (mg)	2.83	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	4.83	Caffeine (mg)	0
Vitamin B6 (mg)	0.23	Choline (mg)	16.59