

# PEPPER-JACK SALSA SWIRL

**100% whole wheat**



## Pepper-Jack Salsa Swirl

This is a HOT one! Pepper-Jack cheese and medium salsa are all swirled up in a 100% golden whole wheat loaf!!

**Serving Ideas:** We definitely recommend warming this one up before serving. (15 minutes in a 350° oven is perfect)

- Perfectly awesome with pasta—or just all by itself!
- Appetizer: warm loaf, cut into small hunks and serve with a bowl of salsa nearby for dipping!



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# Nutrition Facts

Serving Size 1 slice 1/13 loaf  
 2oz (50g)  
 Servings Per Container About 13

## Amount Per Serving

**Calories** 120      **Calories from Fat** 30

### % Daily Value\*

<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	

## Protein 5g

Vitamin A 2%      • Vitamin C 0%

Calcium 4%      • Iron 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	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: Golden Fresh Ground 100% Whole Wheat Flour, Filtered Water, Pepper Jack Cheese, Salsa (*crushed tomatoes, water, concentrated crushed tomatoes, fresh onion, fresh jalapeno peppers, diced tomatoes in tomato juice, distilled vinegar, salt, dehydrated onions, garlic, natural flavoring*), Honey, Yeast and Salt.

CONTAINS: WHEAT AND MILK

*Made in our kitchen from scratch- (just like homemade) .....always!*



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