

10" ROUND & 13x 5" OVAL THIN FLATBREADS



✓ The perfect topped flatbread

HANDLING INSTRUCTIONS – Defrost for 2-3 hours at room temperature until defrosted.

INGREDIENTS 10" ROUND – Enriched wheat flour (wheat flour, ascorbic acid as dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), buttermilk (skim milk, dry buttermilk, bacterial culture), water, canola and/or soybean oil, eggs, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), sea salt, ghee (clarified butter), dextrose, wheat gluten, dextrin, vinegar, carrot fiber, yeast

INGREDIENTS 13X5" OVAL THIN– Enriched wheat flour (wheat flour, ascorbic acid as dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, soybean and/or canola oil, salt, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), yeast, calcium propionate and sorbic acid as preservatives

10" ROUND

Nutrition Facts	
Serving Size 1/2 Naan (73g)	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 490mg	20%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
*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

13 X 5" OVAL THIN

Nutrition Facts	
Serving Size 1/2 flatbread (63g)	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
*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	

ITEM	PRODUCT CODE	GTIN	UNIT WEIGHT	CASE PACK
10" Round Flatbread	066	10876681000663	5.11 oz	50
13x 5" Oval Thin Flatbread	358	10876681003589	4.4 oz	36

FGF BRANDS

475 North Rivermede Road
Concord, ON L4K 3N1
Telephone – 905-761-3333
Fax – 905-761-3337
www.fgfbrands.com