

Nutrition Facts

Serving size

1 pita

Amount Per Serving

Calories

170

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 3g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 28g **10%**

Dietary Fiber 1g **4%**

Total Sugars < 1g

Includes < 1g Added Sugars **1%**

Protein 4g **8%**

Vitamin D 0mcg **0%**

Calcium 7mg **0%**

Iron 1.6mg **8%**

Potassium 48mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.