

# Nutrition Facts, Cole's Whole Grain Bread Sticks

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<b>Nutrition Facts</b>			
Serving Size 1 breadstick (61g)			
Servings Per Container 54			
Amount Per Serving			
<b>Calories 160</b>	<b>Calories from Fat 35</b>		
	% Daily Value*		
<b>Total Fat 4g</b>	<b>6 %</b>		
Saturated Fat 1.5g	6 %		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0 %</b>		
<b>Sodium 140mg</b>	<b>6 %</b>		
<b>Total Carbohydrates 28g</b>	<b>9 %</b>		
Dietary Fiber 3g	11 %		
Sugars 2g			
<b>Protein 5g</b>			
Vitamin A 0%	• Vitamin C 0%		
Calcium 0%	• Iron 8%		
* 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
Sat 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

**DOUGH INGREDIENTS:** WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), DEXTROSE, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: INTERESTERIFIED SOYBEAN OIL, DRIED YEAST, NONFAT MILK, SALT, WHEAT FLOUR, MALTED BARLEY FLOUR WITH SULFITES, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, SOYBEAN OIL, SORBITAN MONOSTEARATE.

**SPREAD INGREDIENTS:** INTERESTERIFIED SOYBEAN OIL, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: WATER, DRIED PARMESAN CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, POWDERED CELLULOSE, SORBIC ACID PRESERVATIVE), DEHYDRATED GARLIC, SEASONING BLEND (DEHYDRATED GARLIC, BLACK PEPPER, SALT, BROWN SUGAR, DEHYDRATED ONION, NATURAL FLAVOR, PARSLEY, SILICON DIOXIDE), SALT, BUTTER (CREAM, SALT), DEHYDRATED ONION, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, SOYBEAN OIL, CITRIC ACID PRESERVATIVE, ANNATTO EXTRACT COLOR.

CONTAINS: WHEAT, MILK.

**Cole's Quality Foods, Inc.**  
 Grand Rapids, Michigan 49503  
[www.coles.com](http://www.coles.com)  
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