



KONTOS FOODS INC.

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Greek Lifestyle Flatbread

Product code: 10031

The dietary traditions of Greece and the Mediterranean are renowned for promoting better health and longevity. Our Greek Lifestyle Flatbread is crafted with these wholesome principles in mind. Much like Greek yogurt, Kontos Greek Lifestyle Flatbread offers more protein and fewer carbohydrates, sugars, and calories compared to most traditional flatbreads.

Ingredients

Water, Unbleached Unbromated Enriched Flour (Niacin (B-Complex Vitamin), Thiamin (B1 Vitamin), Reduced Iron, Riboflavin (B2 Vitamin), Folic Acid), Wheat Gluten, Oat Fiber, Isolated Soy Protein, Corn Starch, Soybean Oil, Soy Flour, Salt, Sesame Flour, and Yeast. Contains 2% or less of each of the following ingredients: Acacia Gum, Calcium Propionate (a preservative), Calcium Sulfate, Dextrose, Fumaric Acid, Sorbic Acid (a preservative), Sucralose, Vegetable L-Cysteine, Vegetable Mono and Diglycerides, and Whole Wheat Flour.



Pack: Retail	Pack Weight: 10 oz	Case Pack: 12/4
UPC code: 0-32394-10031-8	Net Weight: 7.5 lbs	Portion Size: 1 Flatbread
EAN Code: 5-00-32394-10031-3	Ship Weight: 10lbs	Case Cube: 0.89
Portion/Case: 48	Storage Temp: Frozen (-25F - 0F)	Shelf Life Ambient: 30 days
Shelf Life Refrigerated: 45 days	Shelf Life Frozen: 1 Year	Case Coding: (Julian) - IYYJJJ
Allergens: Contains Wheat, Soy, and Sesame. 5	Pallet Tie:	Pallet Height: 18
Pallet Case per: 90	Kosher Certificate: Yes-Pareve Pas Yisroel	Halal Certificate: Yes
Length: 23	Width: 15.75	Height: 4.25

Nutrition Facts

Serving Size 1 Flatbread (71g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7.69%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 20g	6.67%
Dietary Fiber 8g	32%
Sugars 2g	
Protein 15g	30%
Vitamin A	0%
Vitamin C	0%
Calcium	25%
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.