

JCC CAMPS AT MEDFORD

NUTRITIONAL INFORMATION –FELAFEL

Vegetarian Felafel Balls\TAVOR – Product of Israel

Nutrition Facts

Serving Size: 100g

Calories: 180

Total Fat: 6.8g

Saturated Fat: 1.4g

Sodium: 172mg

Total Carbohydrate: 38.4g

Protein: 11.5g

Ingredients: Chick peas, water, vegetable oil, soy, salt, spices

SAMSON'S PITA BREAD

Nutrition Facts

Serving Size: 1 pocket

Calories: 211

Calories from Fat: 5

Total Fat: 0.6g

Cholesterol: 0g

Saturated Fat: 0g

Sodium: 315mg

Total Carbohydrate: 43.2g

Dietary Fiber: 1.8g

Sugars: 1.3g

Protein: 7.7g

Ingredients

Unbleached wheat flour, water, sugar, yeast,
Salt. **CONTAINS: WHEAT.**

TOUFAYAN PITA BREAD 0416 - WHITE

Nutrition Facts

Serving Size: 1 pocket

Calories: 160

Total Fat: 0g

Cholesterol: 0g

Saturated Fat: 0g

Sodium: 160mg

Total Carbohydrate: 33g

Dietary Fiber: 1g

Sugars: 2g

Protein: 7g

Ingredients: Wheat flour, Bleached and enriched
(contains niacin, reduced iron, thiamine, riboflavin,
folic acid, water, salt, yeast, malted barley flour,
calcium propionate (added to retard spoilage)

TOUFAYAN PITA BREAD 0432 - WHEAT

Nutrition Facts

Serving Size: 1 pocket

Calories: 150

Total Fat: 0g

Cholesterol: 0g

Saturated Fat: 0g

Sodium: 225mg

Total Carbohydrate: 30g

Dietary Fiber: 3g

Sugars: 2g

Protein: 6g

Ingredients: Stone Ground Whole Wheat flour, water, salt, yeast, malted barley flour, calcium propionate
(added to retard spoilage)