



LAUGHASH







**KONTOS FOODS INC.**  
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# Lavash (Rectangular 9x11)

Product Code: **11026 Kontos**

The perfect 'roll-up' flatbread. This soft and pliable rectangular flatbread rolls in both directions. Because it is yeast based, it will absorb moisture and not fall apart. May also be used to make 'pinwheels' for appetizers. Contains no Trans Fat and is 100% Vegetarian.



Pack	Retail	Portion Size	1 Flatbread
Pack Weight	14 oz	Portion/Case	144
Case Pack	24/6		
UPC Code	0-32394-60002-3	EAN Code	1-00-32394-60002-3
Net Weight	21 lbs	Ship Weight	22.5 lbs

Length	20.50	Pallet Tie	7
Width	13.50	Pallet Height	8
Height	8.75	Pallet Case per	56
Case Cube	1.40		
Storage Temp	Frozen (-25oF - 0oF)	Kosher Certificatte	Yes-Pareve
Shelf Life Ambient	21 days	Halal Certificate	No
Shelf Life Frozen	One year		

Case Coding	Julian (Manufacture Date)
Ingredients	Unbleached Enriched Flour [Enriched with Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Folic Acid], Water, Sugar, Salt, Baking Powder, Yeast, and Calcium Propionate (to retard spoilage).
Allergens	Contains Wheat and is made on equipment that also processes Soy.
Caution	None

## Nutritional Information

Nutrition Facts	
Serving Size 1 Flatbread (66g)	
Servings Per Container 6	
Amount Per Serving	
Calories 220	Calories from Fat 0
	% Daily Value*
<b>Total Fat</b>	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
<b>Cholesterol</b>	0mg 0%
<b>Sodium</b>	210mg 8%
<b>Total Carbohydrate</b>	42g 14%
Dietary Fiber	2g 8%
Sugars	2g
<b>Protein</b>	8g
Vitamin A	0%
Calcium	0%
Vitamin C	0%
Iron	4%
*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	