

# 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)