The saying “best thing since sliced bread” began with the Continental Baking Company and Wonder Bread. The company was also one of the first baking companies to participate in the government-supported effort to fortify white bread with essential vitamins and minerals. In 1996, Interstate Breads Corporation purchased Continental Baking Company. The Wonder Bread trademark is almost 90 years old.

SERVING INFORMATION AND VARIETIES
A single serving of Wonder Bread consists of two slices equal to 52 g, and a full package contains 11 servings. Varieties of Wonder Bread include Classic White, Smartwhite, Classic White Sandwich, Wonder Kids, Texas Toast, Whole Grain White, Buttermilk, Potato and Light White. The flavors of Wonder wheat breads include Stoneground, Soft, Whole Grain and Light Wheat. Wonder buns come in Classic White hot dog and hamburger buns and Wonder Wheat hamburger and hot dog buns.

CALORIES, FAT, CHOLESTEROL, SODIUM AND POTASSIUM
One serving of Classic Wonder Bread has 100 calories with 10 calories from fat. Two slices have 1 g of total fat, no cholesterol and 200 mg of sodium providing 8 percent daily value based on a 2,000-calorie diet.

CARBOHYDRATES AND PROTEIN
One serving of Wonder Bread contains 23 g of total carbohydrates providing 8 percent daily value. Included in these carbohydrates are 5 g of dietary fiber providing 20 percent daily value, and 4 g of sugars. A single serving of two slices of Classic Wonder Bread provides 5 g of protein.

VITAMINS AND MINERALS
Two slices of Classic Wonder Bread provide the following daily values of vitamins and minerals: 2 percent of vitamin C, 8 percent of riboflavin, 10 percent of vitamin D, thiamine, niacin, folic acid, zinc, iron, vitamin E, vitamins B6 and B12 and 30 percent of calcium. Two slices of Classic Wonder Bread provide the same amount of calcium as an 8 oz. glass of whole milk. Classic Wonder Bread contains nine of the essential vitamins and minerals needed by the body.

INGREDIENTS
All Wonder Bread products include whole wheat flour, water, wheat gluten and high fructose corn syrup, soybean oil, salt, molasses, mono and diglycerides, dough conditioners, datem — an emulsifier, calcium sulfate, yeast nutrient, extracts of malted barley and corn, dicalcium phosphate — calcium supplement, diaminomonophosphate — yeast nutrient that promotes rapid rising and fermentation and calcium propionate — a preservative.

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