

Ope's™



Fast food the World can live with™



ORGANIC



STUFFED SANDWICH™

PIZZA

By choosing Ope's, you have done something good for yourself and for our planet - thank you! Visit us at www.opes.biz for more information.

Nutrition Facts Serving Size 1 sandwich, Amount per serving:
Calories 210, Fat Cal 36, Total Fat 4g (6% DV), Sodium 150mg (6% DV), Total Carb. 36g (13% DV), Fiber 8g (32% DV), Sugars 3g, Protein 15g, Vitamin A (15% DV), Vitamin C (15% DV), Calcium (0% DV), Iron (15% DV). Not a significant source of saturated fat, trans fat, or cholesterol. Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Organic spelt flour, filtered water, organic Ope's pizza sauce (organic tomatoes and herbs), baking yeast, organic non-lactose soy and organic rice cheese*. *cheese may have been processed on shared equipment containing trace amounts of dairy, wheat or casein.

COOKING INSTRUCTIONS: If frozen, microwave 3 minutes or thaw and heat 10 minutes at 350°F in oven.