

Ope's™



Fast food the World can live with™



ORGANIC



STUFFED SANDWICH™

REUBEN

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 190, Fat Cal 36, Total Fat 4g (6% DV), Sodium 380mg (16% DV), Total Carb. 33g (12% DV), Fiber 9g (36% DV), Sugars 1g, Protein 15g, Vitamin A (0% DV), Vitamin C (35% DV), Calcium (4% DV), Iron (45% 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 sauerkraut, sea salt, 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.