

Wolfnights® Nutrition Facts | DOUGH

Grams | % of Recc. Daily Intake

DOUGH NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
KETO DOUGH	2000 units 66%	15g 5%	15g 30%	40g 61.54%	0g	3g 15%	0mg	0.7mg 0%	9g	4.3g	0g	550mg 15.71%	15%	0%	0%
GF DOUGH	550 units 18%	75g 25%	7g 14%	3g 4.62%	0g	0.5g 2.5%	0mg	1.5mg 0%	3g	2.4g	0g	92mg 2.63%	2.5%	0%	0%
WHOLE WHEAT DOUGH	600 units 20%	65g 21.67%	11.5g 23%	2g 3.08%	0g	0.3g 1.5%	0mg	1.8mg 0%	9.5g	0.3g	0g	315mg 9%	15%	0%	0%
WHITE FLOUR DOUGH	0 units 0%	76g 25.33%	10g 20%	1g 1.54%	0g	0.2g 1%	0mg	2mg 0%	2.7g	0.3g	0g	107mg 3.06%	6%	0%	0%
FENNEL DOUGH	150 units 5%	82.1g 29.7%	11.8g 23.6%	2.7g 4.15%	0g	0.3g 1.5%	0mg	12.2mg 0.51%	7.3g	0.3g	0g	305mg 8.71%	27%	5%	1%
DATE AND PUMPKIN SEED DOUGH	600 units 20%	89.1g 29.7%	12.8g 25.6%	3.7g 5.69%	0g	0.3g 1.5%	0mg	12.2mg 0.51%	8.7g	0.3g	0g	385mg 11%	29%	6%	1%
FIG DOUGH	1100 units 36%	85g 28.33%	10.5g 21%	1.1g 1.69%	0g	0.2g 1%	0mg	2.9mg 0.12%	4g	6.3g	0g	301mg 8.6%	9%	0%	0%
TURMERIC DOUGH	6350 units 100%	80g 26.67%	11g 22%	1g 1.54%	0g	0.2g 1%	0mg	3.5mg 0.15%	4.7g	0.7g	0g	301mg 8.6%	36%	1%	0%
GINGER DOUGH	1952 units 65%	76g 25.33%	10.5g 21%	1g 1.54%	0g	0.2g 1%	0mg	0.2mg 0%	3.4g	0.3g	0g	180mg 5.14%	12%	0%	0%
BEETS AND CHIA SEED DOUGH	2553 units 85%	81g 27%	11g 22%	1.5g 2.31%	0g	0.2g 1%	0mg	0.2mg 0%	5.7g	0.7g	0g	225mg 6.43%	12.5%	1%	0%

Dough Calorie Range: 250 – 295cal | Whole Wheat Dough: 285cal |
Gluten Free Dough: 325cal | Keto Dough: 175cal

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Wolfnights® Nutrition Facts | SAUCES

Grams | % of Recc. Daily Intake

SAUCE NAME	CARBOHYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOLESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTASSIUM	IRON	VITAMIN C	VITAMIN A
SAGE AIOLI	2.6g 0.87%	0.6g 1.2%	20.5g 31.54%	0g	3.5g 17.5%	12mg 4%	176.4mg 7.35%	1.6g	0.3g	0g	48.8mg 1.39%	2%	3%	2%
BIG BAD WOLF SPICY (VEGAN)	1g 0.33%	0.5g 1%	0g	0g	0g	0mg	13mg 0.54%	1.6g	0.5g	0g	115mg 3.29%	1.2%	35%	2%
MINT YOGURT SAUCE	2.5g 0.83%	2g 4%	10.5g 16.15%	0g	2.5g 12.5%	6mg 2%	50mg 2.08%	0.5g	0.3g	0g	58mg 1.66%	11%	2%	1%
MUSTARD HORSERADISH SAUCE	3g 1%	1g 2%	11g 16.92%	0g	2g 10%	12mg 4%	80mg 3.33%	0g	0.2g	0g	25mg 0.71%	0%	0%	0%
CHIPOTLE AIOLI	1g 0.33%	0g	10.2g 15.62%	0g	1.5g 7.5%	6mg 2%	122.5mg 5.1%	0g	4.9g	0g	0mg	0%	0%	0%
RED CHILI MAYO	3g 1%	0.3g 0.6%	9.3g 14.31%	0g	1.7g 8.5%	150mg 50%	564mg 23.5%	0g	1.4g	0g	0mg	0%	0%	0%
WOLF KETCHUP	9.6g 3.2%	0.2g 0.4%	7.5g 11.54%	0g	0.8g 4%	12mg 4%	360mg 15%	1.6g	3g	1g	100mg 2,86%	0%	5%	0%
CITRUS SUMAC VINEGRETTE (VEGAN)	1g 0.33%	0g	13g 20%	0g	1g 5%	0mg	1mg 0%	0.5g	1.5g	0g	35mg 1%	0.5%	15%	1.5%
COCONUT VANILLA SAUCE	3.1g 1.03%	0.6g 1.2%	20.5g 31.54%	0g	3.5g 17.5%	12mg 4%	176.8mg 7.37%	1.6g	0.8g	0g	69mg 1.97%	3%	3%	2%
SPICY PICKLED PINEAPPLE SAUCE (VEGAN)	13g 4.33%	0g	0.2g 0.31%	0g	0g	0mg	45mg 1.88%	0g	12g	0g	87mg 2.49%	0%	70%	0%
SESAME SAUCE (VEGAN)	6.5g 2.17%	5.2g 10.4%	16g 24.62%	0g	2.2g 11%	0mg	11mg 0.46%	0.5g	0g	0g	138mg 3.94%	7.5%	2.1%	0.4%

Sauce Calorie Range: 95 – 192cal

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Wolfnights® Nutrition Chart | WRAPS & BOWLS

REGULAR

Wraps and Bowls do not include sauce or dough

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
MOWGLI <i>208 cal*</i>	2250 units 75%	23.9g 7.97%	5.85g 11.7%	4.6g 7.08%	0g	0.79g 4%	0mg	135.5mg 5.65%	4.7g	6.6g	0g	1025.8mg 29.31%	16.3%	173%	117%
HOWLING <i>442.2 cal*</i>	2000 units 66%	15.2g 5.07%	44.5g 89%	17g 26.15%	0g	8.6g 43%	181mg 60.33%	745.7mg 31.07%	3.7g	4.8g	0g	883mg 25.23%	18%	40%	130%
CARNIVORE'S DELIGHT <i>408.4 cal*</i>	3200 units 100%	57.8g 19.27%	39.8g 79.6%	16g 24.62%	0g	5g 25%	272mg 90.67%	788mg 32.83%	2.2g	2.2g	0g	897mg 25.63%	33%	29%	137%
THE PACK <i>513 cal*</i>	1500 units 50%	18g 6%	42.8g 85.6%	34g 52.31%	0g	17.3g 86.5%	398mg 132.67%	788mg 32.83%	1.9g	3.9g	0g	931mg 26.6%	24%	35%	131%
THE BEAST <i>386.7 cal*</i>	2200 units 73%	24.7g 8.23%	43.8g 87.6%	31g 47.69%	0g	14g 70%	150mg 50%	710mg 29.58%	3.3g	1g	0g	886mg 25.31%	22%	43%	159%
ONCE BITTEN <i>260 cal*</i>	4100 units 100%	28.2g 9.4%	21.8g 43.6%	10g 15.38%	0g	3.5g 17.5%	15.5mg 5.17%	231mg 9.63%	14.1g	7.5g	0g	1113mg 31.8%	18.5%	70%	213%
DIRE WOLF <i>576 cal*</i>	2500 units 83%	29.7g 10%	65.8g 131.6%	33g 50.77%	0g	14.8g 74%	237.5mg 79.17%	814mg 33.92%	6.7g	3.4g	0g	1036mg 29.6%	23%	27%	219%

*All calories are calculated without dough or sauce.

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Wolfnights® Nutrition Chart | WRAPS & BOWLS

REGULAR ^(cont')

Wraps and Bowls do not include sauce or dough

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
THE GHOST <i>392 cal*</i>	8100 units 100%	50.7g 16.9%	23.3g 46.6%	23.7g 36.46%	0g	2.1g 10.5%	0mg	103.5mg 4.31%	14.5g	6.9g	0g	1705mg 48.71%	56%	38%	120.5%
BROTHER'S GRIMM <i>329.4 cal*</i>	1900 units 63%	12.7g 4.23%	35.5g 71%	32.5g 50%	0g	2.3g 11.5%	266mg 88.67%	1648mg 68.67%	3.4g	22.7g	0g	921mg 26.31%	24%	37%	117%
PINK MOON <i>263.2 cal*</i>	4500 units 100%+	22.5g 7.5%	50.9g 101.8%	4.5g 6.92%	0g	0.9g 4.8%	220.5mg 73.5%	563.50mg 23.48%	10.4g	4.4g	0g	1143.7mg 32.68%	20%	77%	208%
LITTLE RED RIDING HOOD <i>285 cal*</i>	4500 units 100%+	21.5g 7.17%	14g 28%	20.4g 31.38%	0g	1.7g 8.5%	12mg 4%	114.9mg 4.79%	7.3g	8.1g	0g	1266mg 35%	41.8%	70.4%	154%
UNDERWORLD <i>457 cal*</i>	2200 units 73%	12g 4%	39.6g 79.2%	31.9g 49.08%	0g	7.5g 37.5%	77mg 25.67%	1011.9mg 42.16%	1.7g	5.5g	0g	1223mg 32.03%	25%	32%	116%

*All calories are calculated without dough or sauce.

Wolfnights® Nutrition Chart | WRAPS & BOWLS

KETO

Wraps and Bowls do not include sauce or dough

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
MOWGLI Replace BBQ chips with Cashew Nuts	1800 units 60%	20.9g 6.97%	7g 14%	4.6g 7.08%	0g	0.89g 4.45%	0mg	135.5mg 5.65%	4.8g	6.3g	0g	960.8mg 27.41%	19%	169%	117%
THE PACK Substitute toasted cashew instead of tots	1700 units 56%	11g 3.67%	45.8g 85.6%	40g 61.54%	0g	18.3g 86.5%	398mg 132.67%	440mg 18.33%	1g	4.9g	0g	681mg 19.46%	34%	35%	131%
THE BEAST Switch bbq crunch with cashew	2400 units 80%	13.7g 4.57%	45.8g 91.6%	34g 52.31%	0g	15.2g 76%	150mg 50%	564mg 23.5%	3.8g	2g	0g	1045mg 29.86%	31.5%	43%	159%
ONCE BITTEN Switch sweet potato with sunflower seed	4500 units 100%	23.2g 7.73%	23.1g 46.2%	9.3g 14.31%	0g	3.4 17%	15.5mg 5.17%	225mg 9.38%	10.1g	7.5g	0g	1073mg 30.66%	17.5%	72%	213%
BROTHER'S GRIMM Cashew nuts instead of plantain chips	2100 units 70%	13.7g 4.57%	41.5g 83%	42.5g 65.38%	0g	2.3g 11.5%	266mg 88.67%	1608mg 67%	3.4g	22g	0g	915mg 26.14%	33%	35%	116%
PINK MOON Replace fried pickles with sunflower seed	4800 units 100%	16g 5.33%	44.9g 89.8%	11.5g 17.69%	0g	0.7g 3.5%	220.5mg 73.5%	281.50mg 11.73%	9.3g	4g	0g	1279mg 36.54%	24%	74%	208%
HOWLING Switch fried pickles with cashew nuts & pickles	2000 units 66%	15.2g 5.07%	44.5g 89%	17g 26.15%	0g	8.6g 43%	181mg 60.33%	745.7mg 31.07%	3.7g	4.8g	0g	883mg 25.23%	18%	40%	130%
CARNIVORE'S DELIGHT	3200 units 100%	57.8g 19.27%	39.8g 79.6%	16g 24.62%	0g	5g 25%	272mg 90.67%	788mg 32.83%	2.2g	2.2g	0g	897mg 25.63%	33%	29%	137%
LITTLE RED RIDING HOOD	4500 units 100%+	21.5g 7.17%	14g 28%	20.4g 31.38%	0g	1.7g 8.5%	12mg 4%	114.9mg 4.79%	7.3g	8.1g	0g	1266mg 35%	41.8%	70.4%	154%
THE GHOST	8100 units 100%	50.7g 16.9%	23.3g 46.6%	23.7g 36.46%	0g	2.1g 10.5%	0mg	103.5mg 4.31%	14.5g	6.9g	0g	1705mg 48.71%	56%	38%	120.5%
UNDERWORLD	2200 units 73%	12g 4%	39.6g 79.2%	31.9g 49.08%	0g	7.5g 37.5%	77mg 25.67%	1011.9mg 42.16%	1.7g	5.5g	0g	1223mg 32.03%	25%	32%	116%

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Wolfnights® Nutrition Chart | WRAPS & BOWLS

GLUTEN-FREE

Wraps and Bowls do not include sauce or dough

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
MOWGLI Replace BBQ chips with Cashew Nuts	1800 units 60%	20.9g 6.97%	7g 14%	4.6g 7.08%	0g	0.89g 4.45%	0mg	135.5mg 5.65%	4.8g	6.3g	0g	960.8mg 27.41%	19%	169%	117%
THE PACK Substitute toasted cashew instead of tots	1700 units 56%	11g 3.67%	45.8g 85.6%	40g 61.54%	0g	18.3g 86.5%	398mg 132.67%	440mg 18.33%	1g	4.9g	0g	681mg 19.46%	34%	35%	131%
THE BEAST Switch bbq crunch with bbq chips	2400 units 80%	13.7g 4.57%	45.8g 91.6%	34g 52.31%	0g	15.2g 76%	150mg 50%	564mg 23.5%	3.8g	2g	0g	1045mg 29.86%	31.5%	43%	159%
ONCE BITTEN Switch sweet potato with sunflower seed	4500 units 100%	23.2g 7.73%	23.1g 46.2%	9.3g 14.31%	0g	3.4 17%	15.5mg 5.17%	225mg 9.38%	10.1g	7.5g	0g	1073mg 30.66%	17.5%	72%	213%
BROTHER'S GRIMM Cashew nuts instead of plantain chips	2100 units 70%	13.7g 4.57%	41.5g 83%	42.5g 65.38%	0g	2.3g 11.5%	266mg 88.67%	1608mg 67%	3.4g	22g	0g	915mg 26.14%	33%	35%	116%
PINK MOON Switch fried pickles with bbq chips	4800 units 100%	16g 5.33%	44.9g 89.8%	11.5g 17.69%	0g	0.7g 3.5%	220.5mg 73.5%	281.50mg 11.73%	9.3g	4g	0g	1279mg 36.54%	24%	74%	208%
HOWLING Switch Fried pickles with toasted cashew nuts	2000 units 66%	15.2g 5.07%	44.5g 89%	17g 26.15%	0g	8.6g 43%	181mg 60.33%	745.7mg 31.07%	3.7g	4.8g	0g	883mg 25.23%	18%	40%	130%
CARNIVORE'S DELIGHT	3200 units 100%	57.8g 19.27%	39.8g 79.6%	16g 24.62%	0g	5g 25%	272mg 90.67%	788mg 32.83%	2.2g	2.2g	0g	897mg 25.63%	33%	29%	137%
LITTLE RED RIDING HOOD	4500 units 100%+	21.5g 7.17%	14g 28%	20.4g 31.38%	0g	1.7g 8.5%	12mg 4%	114.9mg 4.79%	7.3g	8.1g	0g	1266mg 35%	41.8%	70.4%	154%
THE GHOST	8100 units 100%	50.7g 16.9%	23.3g 46.6%	23.7g 36.46%	0g	2.1g 10.5%	0mg	103.5mg 4.31%	14.5g	6.9g	0g	1705mg 48.71%	56%	38%	120.5%
UNDERWORLD	2200 units 73%	12g 4%	39.6g 79.2%	31.9g 49.08%	0g	7.5g 37.5%	77mg 25.67%	1011.9mg 42.16%	1.7g	5.5g	0g	1223mg 32.03%	25%	32%	116%

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Wolfnights® Nutrition Chart | WRAPS & BOWLS

VEGAN

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
THE MOWGLI Switch Sage Aioli to Vegan sauce	2250 units 75%	23.9g 7.97%	5.85g 11.7%	4.6g 7.08%	0g	0.79g 4%	0mg	135.5mg 5.65%	4.7g	6.6g	0g	1025.8mg 29.31%	16.3%	173%	117%
ONCE BITTEN Change to vegan sauce	3800 units 100%	28.2g 9.4%	17.8g 35.6%	4g 6.15%	0g	1g 5%	0.5mg 0.17%	231mg 9.63%	14.1g	7.4g	0g	1075mg 30.71%	17.5%	70%	213%
LITTLE RED RIDING HOOD	4500 units 100%+	21.5g 7.17%	14g 28%	20.4g 31.38%	0g	1.7g 8.5%	12mg 4%	114.9mg 4.79%	7.3g	8.1g	0g	1266mg 35%	41.8%	70.4%	154%
THE GHOST	8100 units 100%	50.7g 16.9%	23.3g 46.6%	23.7g 36.46%	0g	2.1g 10.5%	0mg	103.5mg 4.31%	14.5g	6.9g	0g	1705mg 48.71%	56%	38%	120.5%

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Wolfnights® Nutrition Chart | Sides (Sm/Reg)

ITEM NAME		ANTI-OXIDANTS	CARBOHYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOLESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTASSIUM	IRON	VITAMIN C	VITAMIN A
ARUGULA & TOASTED SUN- FLOWER SEED SIDE SALAD	SMALL	1600 units 53%	10.4g 3.47%	6.5g 13%	10.2g 15.62%	0g	0.9g 4.5%	6mg 2%	25mg 1%	4g	4g	0g	465mg 13.29%	16.4%	18.7%	18.5%
	REG	3200 units 100%	20.8g 6.94%	13g 26%	20.4g 31.24%	0g	1.8g 9%	12mg 4%	50mg 2%	8g	8g	0g	930mg 26.58%	32.8%	37.4%	37%
ARUGULA & ASPARAGUS SIDE SALAD	SMALL	2500 units 83%	8.5g 2.83%	11.4g 22.8%	9.55g 14.69%	0g	0.75g 3.75%	0mg	25mg 1%	4g	3.6g	0g	332mg 9.49%	11.7%	26.75%	18.5%
	REG	5000 units 100%	17g 5.66%	22.8g 45.6%	19.1g 29.38%	0g	1.5g 7.5%	0mg	50mg 2%	8g	7.2g	0g	664mg 19.48%	20.4%	23.4%	53.5%

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