



100% Whole Grain Bread

Nutrition Facts

Serving Size 1 slice
Servings Per Container 1 loaf

Amount Per Serving

Calories 100

Total Fat 1.5g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 180mg

Total Carbohydrate 18g

Dietary Fiber 3g

Sugars 4g

Protein 5g

Iron 8mg

Calcium 20mg

Ingredients

Coarse Whole Wheat Flour, Water, Sugar, Yeast, Vital Wheat Gluten, Whole Grain Wheat Flakes, Contains 2% or less of the following: Whole Grain Rye Flakes, Wheat Germ, Soybean Oil, Dry Honey (Honey, Wheat Starch), Salt, Calcium Sulfate, Molasses, Natural Mold Inhibitor (Vinegar, Silica, Acetic Acid (produced by fermentation)), Wheat Bran, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Defatted Flaxseed, Ascorbic Acid added as a dough conditioner (Vitamin C).

Allergens

- | | |
|------------------------------------|---|
| <input type="checkbox"/> Peanuts | <input checked="" type="checkbox"/> Wheat |
| <input type="checkbox"/> Tree Nuts | <input checked="" type="checkbox"/> Soy |
| <input type="checkbox"/> Milk | <input type="checkbox"/> Fish/Shellfish |
| <input type="checkbox"/> Egg | |

Other

N/A

