

Nutrition Facts

28 Servings Per Container

Serving Size 1 Slice
(65g/2.29oz) (65g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 2.5g **3%**Saturated Fat 0g **0%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 300mg **13%****Total Carbohydrate** 23g **8%**Dietary Fiber 1g **4%**

Total Sugars less than 1g

Protein 4gVitamin D 0mcg **0%**Calcium 8mg **1%**Iron 2mg **11%**Potassium 61mg **1%*** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: UNBLEACHED UNBROMATED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (REDUCED IRON), THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID.), WATER, PUMPERNICKEL FLOUR, NATURAL STARTER ((UNBLEACHED UNBROMATED FLOUR, WATER, ENZYMES)), SUNFLOWER SEEDS, CARMEL COLOR. CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SEA SALT, OIL (SOYBEAN OIL), MOLASSES, HONEY, S-500 GREEN ((WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES)), VITAL WHEAT GLUTEN

CONTAINS: WHEAT, SOY