

Nutrition Facts

18 Servings Per Container

Serving Size 1 Slice
(55g/1.94oz) (55g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 0g **0%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium** 250mg **11%****Total Carbohydrate** 22g **8%**Dietary Fiber 1g **4%**

Total Sugars 0g

Protein 3gVitamin D 0mcg **0%**Calcium 10mg **1%**Iron 1mg **6%**Potassium 54mg **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, NATURAL STARTER ((UNBLEACHED UNBROMATED FLOUR, WATER, ENZYMES)), RYE FLOUR, WHOLE WHEAT FLOUR. CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, CARAWAY, SEA SALT, VITAL WHEAT GLUTEN

CONTAINS: WHEAT**HUDSON****BREAD**

NATURALLY COLD PROOFED