

7234	GBHFS High Crown Bread, Rye, 8-22oz.5	Topping: none	Style: round top
------	---------------------------------------	---------------	------------------

## NUTRITION FACTS

80 servings per container  
**Serving Size**  
**1 slice** 57 g  
 Amount per serving

**Calories 140**

Amount /serving	% Daily Value*	Amount /serving	% Daily Value*
<b>Total Fat</b> 1.5 g	2 %	<b>Total Carbohydrate</b> 28 g	10 %
Saturated Fat 0 g	0 %	Dietary Fiber 2 g	7 %
Trans Fat 0 g		Soluble Fiber 1 g	
Polyunsaturated 0.5 g		Insoluble Fiber 0 g	
Monounsaturated 0 g		Total Sugars 3 g	
<b>Cholesterol</b> 0 g	0 %	Includes 3 Added Sugars	6 %
<b>Sodium</b> 290 mg	13 %	<b>Protein</b> 4 g	
Vitamin D 0mcg 0%	Calcium 38mg 2%	Iron 2mg 10%	Potassium 30mg 0%
Thiamine 0.3mg 25%	Riboflavin 0.2mg 15%	Niacin 2mg 15%	Folate DFE 39mcg 10%

The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, Malted Barley Flour, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, Rye Flour, Ground Caraway, Yeast, High Fructose Corn Syrup, Wheat Gluten, Whole Caraway Seeds, Soybean Oil, Salt, Calcium Propionate (A Preservative), Lactic Acid, Acetic Acid, Sodium Stearoyl Lactylate, Vinegar, Caraway Oil, Dill Oil, Monocalcium Phosphate, Cornstarch, Calcium Sulfate, Citric Acid, Ascorbic Acid, Soy Lecithin.

7234-1016-BH Contains wheat and soy ingredients. Distributed by Gordon Food Service Wyoming, MI 49509

Distribution: <b>Food Service</b>	Fresh or Frozen: <b>Frozen</b>	Type of Bag: <b>Plain</b>	Label Type: <b>Case</b>
-----------------------------------	--------------------------------	---------------------------	-------------------------

NUTRITION & HEALTH CLAIMS		NUTRITIONAL VALUES per serving		PRODUCT SPECIFICATIONS	
0g of Trans Fat /serv	Enriched	WeightWatchers® SmartPoints®	<b>4</b>	Pieces /Unit	<b>10 (+ 2 heels)</b>
0g of Cholesterol /serv		Milligrams of Sodium in 100g	<b>507</b>	Net Weight /Unit	<b>22 OZ</b>
0g of Saturated Fat /serv		Kilocalories from Fat	<b>14.42</b>	Declared Net Wt	<b>22 OZ (1 LB 6 OZ) 624g</b>
				Dimensions /Unit	<b>12"L x 4.5"W x 4.5"H</b>
		Grams of Total Creditable Grains	<b>0</b>	Units /Case	<b>8</b>
		Grams of Creditable Whole Grains	<b>0</b>	Usable Servings /Case	<b>80</b>
		Ounce Equivalent Grains -Method 1	<b>2.00</b>	Additional Heels /Case	<b>16</b>
Kosher Pareve		Ounce Equivalent Grains -Method 2	<b>1.75</b>	Net Weight /Case	<b>176 OZ</b>
<b>Nutrition Statement:</b>				Declared Net Wt	<b>176 OZ (11 LB 0 OZ) 4.99kg</b>

10/12/16

