

764520 Honey Wheat Swirl Bread

Nutrition Facts	
Serving Size (56g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RYE FLOUR, SALT, NATURAL SOURDOUGH, SOYBEAN OIL, DIACETYL TARTARIC ACID ESTERS OF MONO & DIGLYCERIDES (DATEM), DEXTROSE, ASCORBIC ACID, ENZYMES, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: ANCIENT GRAINS (QUINOA, TEFF, AMARANTH, MILLET), SUGAR, FERMENTED RYE FLOUR, WHEAT BRAN, FERMENTED WHEAT FLOUR, FLAX SEED, SUNFLOWER SEED, WHEAT GLUTEN, WHOLE WHEAT FLOUR, DRIED MOLASSES, MALT FLOUR, ASCORBIC ACID, CRACKED WHEAT, PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, HONEY, YEAST, BEET FIBER, DATEM, ASCORBIC ACID, L-CYSTEINE, POTASSIUM IODATE, AZODICARBONAMIDE., OLIVE OIL, CARAMEL COLOR, CARAMEL, WHITE VINEGAR, CALCIUM PROPIONATE, WHOLE EGGS, SOY LECITHIN, PHOSPHOLIPIDS OF SOYBEAN, MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE.