Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving
Calories 100 Calories from Fat 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1,5g 2 %
Cholesterol 5mg 4 %
Sodium 95mg 4 %
Total Carbohydrate 12g 4%
Dietary Fiber 1g
Sugars 7g
Protein 2g

Vitamin A 2% Vitamin C 0%

Calcium 2% Iron 2%

•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	SOg
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	SOOmg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		26g	30g

Calories per gram:
Fat9 • Carbohydrate 4 • Protein 4

beer infused popcorn

10/26/2010

Serving size: 1 ounce

Ingredients in order by weight: dark beer, sugar, smoked almonds, corn, butter, malted barley syrup, light corn syrup, salt, baking soda.

Nutrition Facts

Serving Size (28g)
Servings Per Container _____

Amount Per Serving
Calories 120 Calories from Fat 40

% Daily Value-

Total Fat 4g 6%

Saturated Fat 2.5g 12%

Cholesterol 10mg 3%

Sodium 80mg 3%

Total Carbohydrate 17g 6%

Dietary Fiber less than 1 gram 4%

Sugars
12g

Protein 1g

Vitamin A 2% Vitamin C 0%

Calcium 2% Iron 2%

•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	2Sg	3Og

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

bourbon infused popcorn

11/8/2010

Serving size: 1 ounce

Ingredients in order by weight: sugar, popcorn, butter, bourbon, agave, light corn syrup, salt, baking soda and bourbon extract (bourbon extract, sugar, propylene glycol)

Nutrition Facts

Serving Size (52g)
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 15

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 290mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 4g	

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

Challah MET
11/14/07

The Nutrition Facts label gives the nutrients for a slice of the Challah bread which is 52 grams for a slice. This bread makes 27 slices per loaf.

The ingredients in order by weight are: applesauce, flour, high gluten flour, eggs, oil, salt, yeast, saffron.

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Nutrition Facts

Serving Size (37g)
Servings Per Container

Amount Per Serving

Calories 100	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 2g	9%
Cholesterol 5mg	1%
Sodium 75mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	5%
Sugars 8g	
Protein 2g	

Vitamin A 4%	•	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

Chocolate Cherry MET
11/14/07

The nutrient facts are for one slice (47 grams) of the Chocolate Cherry bread. This bread makes 18 slices per loaf.

The ingredients in order by weight are: Flour, chocolate chips, tart cherries, brown sugar, cocoa powder, butter, salt, yeast, orange peel.

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Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 130	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**12%**
Saturated Fat 2.5g	**11%**
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**7%**
Sugars 8g	
Protein 3g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	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

COFFEE GRANOLA
1 serving is 1 oz. or 28 g.

Ingredients:Oats, chocolate, canola oil, honey, maple syrup, wheat germ, milk powder, coconut, sesame seeds, almonds, coffee extract, grown sugar, cinnamon, vanilla, salt.

Nutrition Facts

Serving Size (45g)
Servings Per Container

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 1g	**5%**
Sugars 0g	
Protein 4g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 8%

*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

Cracked Wheat MET
11/14/07

The nutrition facts are for the nutrients in a 1.59 oz. (45.15grams) slice of the Cracked Wheat Bread. (20 slices per loaf)

The ingredients in order by weight are: whole wheat starter, high gluten flour, whole wheat flour, cracked wheat, salt, malt syrup.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 130	**Calories from Fat 60**
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	12%
Cholesterol 10mg	3%
Sodium 90mg	5%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	
Sugars 9g	
Protein 2g	

Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%

•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			
Saturated Fat			
Cholesterol			
Sodium			
Total Carbohydrate			
Dietary Fiber			
		Less than 65g	80g
		Less than 20g	25g
		Less than SOOmg	300mg
		Less than 2,400mg	2,400mg
		300g	375g
		2Sg	30g

Calories per gram:
Fat9 • Carbohydrate 4 • Protein 4

curry spiced peanut butter

10/26/2010

Serving size: 1 ounce

Ingredients in order by weight: peanuts, sugar, corn, butter, agave, peanut butter liquor (sugar, natural and artificial peanut flavor, caramel coloring, potassium sorbate), light corn syrup, curry powder, salt, spices.

Nutrition Facts

Serving Size (176g)
Servings Per Container

Amount Per Serving

Calories 410 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 870mg	36%
Total Carbohydrate 89g	30%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 12g	

Vitamin A 15%	•	Vitamin C 10%
Calcium 2%	•	Iron 25%

*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

French Berry Rolls MET

11/17/07

The nutrition facts are for the nutrients for a French Berry Roll. Each roll weighs 6.21 oz.(176 grams)

The ingredients in order of weight are flour, berries, malt, wheat germ, salt and yeast.

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Nutrition Facts		
Serving Size (57g) ¼ cup		
Servings Per Container 8		
Amount Per Serving		
Calories 260	Calories from fat 130	
	% Daily Value	
Total Fat 15g		23%
Saturated Fat 2.5g		11%
Cholesterol 0mg		0%
Sodium 20mg		1%
Total Carbohydrate 27g		9%
Dietary Fiber 3g		13%
Sugars 12g		
Protein 7g		
Vitamin A 2% • Vitamin C 0%		
Calcium 6% • Iron 15 %		

*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

Granola

The ingredients would be:

Made from: Oats, honey, maple syrup, canola oil, sunflower seeds, pumpkin seeds, wheat germ, skim milk powder, almonds, pecans, sesame seeds, coconut, dried cranberries, blueberries, cherries, and strawberries, spices, and flavorings.

Granola Bars (Met Bakery)

9/15/2010

Nutrition Facts

Serving Size (48g)
Servings Per Container _____

Amount Per Serving

Calories 210	Calories from Fat 100
	* **Daily** Value'
Total Fat 12g	18%
Saturated Fat 2g	9%
Cholesterol Omg	**0%**
Sodium 20mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	10%
Sugars 14g	
Protein 5g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 10%

1 bar: 1.7 ounces

Ingredients in order by weight: oats, cranberries, corn syrup, honey, oil, pumpkin seeds, sunflower seeds, wheat germ, sesame seeds, milk powder, pecans, almonds, coconut, vanilla, spices.

Nutrition Facts

Serving Size (35g)
Servings Per Container

Amount Per Serving

Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 15g	**5%**
Dietary Fiber less than 1 gram	**3%**
Sugars 0g	
Protein 3g	

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

Levain Bread MET
11/14/07

The nutrition facts label shows the nutrients for a slice 1.23 oz (34.98g) of the Levain Bread. (17 slices per loaf)

The ingredients in order are: high gluten flour, starter, salt, malt.

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Nutrition Facts

Serving Size (16g)
Servings Per Container

Amount Per Serving

Calories 50	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber less than 1 gram	3%
Sugars 0g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%

*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

Multigrain MET
3/16/08

Multigrain Loaf yields 30 slices and the weight per slice is 15.72 grams or .55 oz.

The ingredients by weight are: Gluten flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, rye flour, pumpkin seeds, sunflower seeds, sesame seeds, oats, sea salt and yeast.

Nutrition Facts

Serving Size (38g)
Servings Per Container

Amount Per Serving

Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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

New York Rye MET
3/17/08

In a 2 pound loaf there are 23 slices and each slice weighs 38.27 grams or 1.35 oz.

The ingredients in order by weight are: Enriched gluten flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) rye flour, caraway seed, yellow corn meal, sea salt, black cumin seed and yeast.

Nutrition Facts

Serving Size (67g)
Servings Per Container

Amount Per Serving

Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 1g	**5%**
Sugars 0g	
Protein 5g	

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%

*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	3,500
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

Organic Miche MET
11/17/07

The nutrition facts shows the nutrients for one slice of Organic Miche. There are 33 slices per loaf.

The ingredients in order are white flour, starter, whole wheat flour, dark rye and salt.

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Nutrition Facts

Serving Size (22g)
Servings Per Container

Amount Per Serving

Calories 60	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 130mg	**5%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 2g	

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

*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

Pain Rustique MET
3/16/08

Pain Rustique: There are 25 slices per loaf and each slice weighs 21.72 grams or .77 oz.

The ingredients in order by weight are; wheat flour, gluten flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), olive oil, milk, sea salt, yeast, and wheat germ.

Nutrition Facts

Serving Size (110g)
Servings Per Container

Amount Per Serving	
Calories 300	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 56g	19%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 11g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 20%

*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

Pain Rustique MET

3/18/08

Pain Rustique: Each roll weighs 110.30g

The ingredients in order by weight are; wheat flour, gluten flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), olive oil, milk, sea salt, yeast, and wheat germ.

Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 100	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 115mg	**5%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**8%**
Sugars 9g	
Protein 3g	

Vitamin A 0%	•	Vitamin C 4%
Calcium 2%	•	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

POMEGRANATE GRANOLA

1 serving is 1 oz. or 28 grams

Ingredients: Oats, dried Goji berries, dried cherries, dried blueberries, dried cranberries, honey, wheat herm, brown sugar, canola oil, pomegranate molasses, cinnamon, cardamom, vanilla, orange zest and salt.

Nutrition Facts

Serving Size (56g)
Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 4g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 10%

*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

pumpernickel MET
3/16/06

For the 2 lb loaf, or smaller loaf, the weight per slice is 55.82 grams or 1.97 oz. (16 slices per loaf)

Ingredients in order by weight: High gluten flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), rye flour, dark rye flour, mustard, apple cider, sea salt and malt.

Nutrition Facts

Serving Size (53g)
Servings Per Container

Amount Per Serving

Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 4g	

Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%

*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

pumpernickel MET
3/16/08

For the 3.5 lb loaf, or larger loaf, the weight per slice is 53.16 grams or 1.88 oz. (31 slices per loaf)

Ingredients in order by weight: High gluten flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), rye flour, dark rye flour, mustard, apple cider, sea salt and malt.

Nutrition Facts

Serving Size (36g)
Servings Per Container

Amount Per Serving	
Calories 90	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	5%
Sugars 5g	
Protein 3g	

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

Raisin Nut MET
11/14/07

The Nutrition Facts show the nutrients for one slice of Raisin Nut Bread. Each slice weighs 1.27 oz (35.87 grams). There are 18 slices per loaf.

The ingredients in order are: white flour, raisins, whole wheat flour, whole wheat starter, pecans, walnuts, rye flour, honey, sugar, salt, powdered milk.

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Nutrition Facts

Serving Size (37g)
Servings Per Container

Amount Per Serving

Calories 90	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1 gram	3%
Sugars 0g	
Protein 3g	

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

rosemary bread MET
11/14/07

The Nutrition Facts show the nutrients in one slice of Rosemary Bread which weighs 1.32 oz. (37.02 grams)

The ingredients in order are: white flour, starter, olive oil, whole wheat flour, sea salt, wheat germ and rosemary.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (38g)
Servings Per Container

Amount Per Serving

Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 16g	**5%**
Dietary Fiber less than 1 gram	**2%**
Sugars 0g	
Protein 3g	

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

San Francisco Loaf MET
11/14/07

The Nutrition Facts shows the nutrients for one slice of San Francisco Loaf which is 1.35 oz. (38.21 grams) there are 18 slices per loaf.

The ingredients in order are: white flour, starter, sea salt and wheat germ.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (37g)
Servings Per Container

Amount Per Serving	
Calories 90	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 4g	

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

Spelt Bread MET
11/17/07

The Nutrition Facts are the nutrients for a slice of Spelt Bread which is 1.30 oz. (36.79 grams). There are 18 slices per loaf.

The ingredients in order are: spelt flour, whole grain spelt flour, sunflower seeds, oats, white starter, spelt grain, honey, yeast, sea salt.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (94g)
Servings Per Container

Amount Per Serving

Calories 210	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 1g	**6%**
Sugars 0g	
Protein 7g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 15%

*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

Tuscan Bread MET
11/14/07

The Nutrition Facts are for the nutrients in one slice of the Tuscan Bread which weighs 3.33 oz. (94.42 grams) There are 10 slices per loaf.

The ingredients in order are: white flour, starter, olive oil, sea salt , and yeast.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (43g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 50

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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

Walnut Bread MET
11/14/07

The Nutrition Facts are for the nutrients in one slice of Walnut Bread which is 1.53 oz. (43.26 grams). There are16 slices per loaf.

The ingredients in order are: high gluten flour, white starter, walnuts, rye flour, walnut oil, sea salt, powdered milk, honey and sugar.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (99g)
Servings Per Container

Amount Per Serving

Calories 210	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 480mg	**20%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 2g	**8%**
Sugars 0g	
Protein 8g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 15%	

*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

white sandwich MET
3/16/08

For the Baguette, or pound loaf, a quarter of the baguette is a 3.5 oz. serving size or 99.25 gram serving.

Ingredients in order by weight: Wheat flour, sea salt, wheat germ, whole wheat flour and yeast.

Nutrition Facts

Serving Size (53g)
Servings Per Container

Amount Per Serving

Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 23g	**8%**
Dietary Fiber less than 1 gram	**3%**
Sugars 0g	
Protein 4g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 8%

*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

white sandwich MET
3/16/08

For the3.5 lb loaf, or larger loaf, the weight per slice is 53.27 grams (30 slices per loaf)

Ingredients in order by weight: Wheat flour, sea salt, wheat germ, whole wheat flour and yeast.

Nutrition Facts

Serving Size (41g)
Servings Per Container

Amount Per Serving

Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 17g	**6%**
Dietary Fiber less than 1 gram	**3%**
Sugars 0g	
Protein 3g	

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

white sandwich MET
3/16/08

For the 2 lb loaf, or smaller loaf, the weight per slice is 40.68 grams (22 slices per loaf)

Ingredients in order by weight: Wheat flour, sea salt, wheat germ, whole wheat flour and yeast..

Nutrition Facts

Serving Size (7g)
Servings Per Container

Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*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

Whole Grain Baguette METRIC

3/18/08

WHOLE GRAIN BAGUETTE

There are 50 slices to a loaf. Each slice weights 7.19 grams.

In order by weight the ingredients are: Wheat flour, toasted pumpkin seeds, toasted sunflower seeds, toasted sesame seeds, toasted oats, flax, sea salt and yeast.

Nutrition Facts

Serving Size (35g)
Servings Per Container

Amount Per Serving

Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber less than 1 gram	3%
Sugars 1g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*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

WHOLE WHEAT SANDWIC

3/16/08

The two pound loaf (smaller loaf) is cut into 22 slices. Each slice weighs 34.77 grams

Ingredients in order by weight are: Whole wheat flour, high gluten flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) yellow corn meal, cracked wheat, sea salt, toasted pumpkin seeds, sunflower seeds, sesame seeds, oats, honey, and yeast.

Nutrition Facts

Serving Size (158g)
Servings Per Container

Amount Per Serving

Calories 300 Calories from Fat 70

	% Daily Value*
Total Fat 8g	**13%**
Saturated Fat 2g	**9%**
Cholesterol 5mg	**1%**
Sodium 600mg	**25%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 11g	

Vitamin A 6% • Vitamin C 6%

Calcium 10% • Iron 20%

*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

Tomato Round MET

8/17/2011

One 4 oz. round with toppings: Ingredients: wheat flour, high gluten flour, olive oil, milk, sea salt, yeast, wheat germ plus plum tomatoes, pesto and fontina cheese.

Nutrition Facts

Serving Size (170g)
Servings Per Container

Amount Per Serving

Calories 360 Calories from Fat 45

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 0.5g	4%
Cholesterol 0mg	0%
Sodium 780mg	32%
Total Carbohydrate 69g	23%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 13g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 25%

*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

Focaccia 6 oz MET
8/17/2011

One 6 oz. round: Ingredients: wheat flour, high gluten flour, olive oil, milk, sea salt, yeast, wheat germ.

Nutrition Facts

Serving Size (151g)
Servings Per Container

Amount Per Serving	
Calories 320	Calories from Fat 40
	% Daily Value*
Total Fat 4g	**7%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 690mg	**29%**
Total Carbohydrate 61g	**20%**
Dietary Fiber 2g	**7%**
Sugars 0g	
Protein 11g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 20%

*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

Focaccia plain met
8/17/2011

One serving/slice (5.34 oz): Ingredients: wheat flour, high gluten flour, olive oil, milk, sea salt, yeast, wheat germ.

Nutrition Facts

Serving Size (72g)
Servings Per Container

Amount Per Serving

Calories 250	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 4g	**19%**
Cholesterol 45mg	**14%**
Sodium 240mg	**10%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 2g	**6%**
Sugars 18g	
Protein 5g	

Vitamin A 6% •	Vitamin C 0%
Calcium 6% •	Iron 15%

*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

Millet Muffin MET

8/17/2011

One muffin: Ingredients: wheat flour, brown sugar, millet, butter, egg, milk, baking powder, kosher salt, baking soda.

Nutrition Facts

Serving Size (43g)
Servings Per Container

Amount Per Serving

Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 17g	**6%**
Dietary Fiber less than 1 gram	**3%**
Sugars 0g	
Protein 3g	

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

	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

Country white MET
8/17/2011

One slice: Ingredients: wheat flour, sea salt, yeast, whole wheat flour, wheat germ.

Nutrition Facts

Serving Size (26g)
Servings Per Container

Amount Per Serving

Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%

*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

French Table Bread MET

8/17/2011

One slice: Ingredients: wheat flour, sea salt, yeast.

Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 115mg	**5%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%

*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

Baguette MET
8/17/2011

One (1 oz.) slice: Ingredients: wheat flour, sea salt, whole wheat flour, yeast, wheat germ.

Nutrition Facts

Serving Size (31g)
Servings Per Container

Amount Per Serving

Calories 60	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 2g	

Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 4%

*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

Olive Thyme Met

8/4/2011

One slice: Ingredients: wheat flour, olives, whole wheat flour, sea salt, yeast, wheat germ, corn meal.

Nutrition Facts

Serving Size (150g)
Servings Per Container

Amount Per Serving

Calories 310	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 590mg	**24%**
Total Carbohydrate 64g	**21%**
Dietary Fiber 5g	**19%**
Sugars 1g	
Protein 13g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 20%

*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

Wheat Bun MET

7/28/2011

One bun: Ingredients: gluten flour, whole wheat flour, corn meal, sea salt, yeast, molasses, honey.

Nutrition Facts

Serving Size (88g)
Servings Per Container

Amount Per Serving	
Calories 290	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 7g	**33%**
Cholesterol 35mg	**12%**
Sodium 400mg	**17%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 1g	**5%**
Sugars 5g	
Protein 7g	

Vitamin A 8%	•	Vitamin C 0%
Calcium 2%	•	Iron 10%

*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

Brioche Bun MET
8/17/2011

One bun: Ingredients: flour, egg. butter, milk, sugar, sea salt, yeast.

Nutrition Facts

Serving Size (33g)
Servings Per Container

Amount Per Serving

Calories 110	Calories from Fat 40
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Cholesterol 15mg	4%
Sodium 150mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 2g	

Vitamin A 4%	• Vitamin C 0%
Calcium 0%	• Iron 4%

*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

Brioche Pullman MET
8/17/2011

One slice: Ingredients: flour, egg. butter, milk, sugar, sea salt, yeast.

Nutrition Facts

Serving Size (170g)
Servings Per Container

Amount Per Serving	
Calories 400	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 790mg	33%
Total Carbohydrate 82g	27%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 16g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 6%	•	Iron 30%	

*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

Seeded Bagel MET
8/17/2011

Ingredients: gluten flour, flour, milk, sea salt, yeast, fennel seeds, anise seeds, poppy seeds, sesame seeds, sunflower seeds and amaranth seeds.

Nutrition Facts

Serving Size (170g)
Servings Per Container

Amount Per Serving

Calories 400	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 790mg	**33%**
Total Carbohydrate 82g	**27%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 16g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 6%	•	Iron 30%

*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

Plain Bagel MET
8/17/2011

Ingredients: gluten flour, flour, milk, sea salt, yeast.

Nutrition Facts

Serving Size (170g)
Servings Per Container

Amount Per Serving

Calories 370	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 1250mg	**52%**
Total Carbohydrate 68g	**23%**
Dietary Fiber 6g	**24%**
Sugars 3g	
Protein 16g	

Vitamin A 0% •	Vitamin C 0%
Calcium 6% •	Iron 30%

*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

Multigrain Bagel MET

7/28/2011

Ingredients: gluten flour, whole wheat flour, salt, milk, yeast, molasses, flax., pumpkin seed, sunflower seed, oats, sesame seed.