

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 are 16 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

WHOLE WHEAT SANDWIC

11/14/07

Nutrition Facts

Serving Size (45g)

Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 13g 4%

Dietary Fiber 1g 5%

Sugars 1g

Protein 6g

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 30g	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

The Nutrition Facts are for the nutrients in one slice of Whole Wheat Sandwich Bread which weighs 1.57 oz. (44.55 grams) There are 22 slices per loaf.

The ingredients in order are: whole wheat starter, gluten flour, toasted grains, whole wheat flour, cracked wheat, corn grits, molasses, sea salt, honey and yeast.

December 2007

Anita Hirsch MS, RD, LDN

Seeded Sourdough MET

3/16/08

Nutrition Facts

Serving Size (232g)
Servings Per Container

Amount Per Serving

Calories 500 Calories from Fat 25

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 1390mg 58%

Total Carbohydrate 100g 33%

Dietary Fiber 4g 15%

Sugars 0g

Protein 18g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 35%

*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

The Seeded Sourdough Demi Roll recipe yields 120 rolls which weigh 232.19grams each or 8.19 oz..

The ingredients in order of weight are: Wheat flour, sea salt, sesame seeds, sunflower seeds fennel seeds, anise seeds, caraway seeds, amaranth seeds, poppy seeds and wheat germ, and yeast.

Seeded Sourdough MET

3/16/08

Nutrition Facts

Serving Size (39g)

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 17g 6%

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

The two pound Seeded Sourdough has 24 slices per loaf. Each slice weighs 38.70 grams or 1.37 oz.

The ingredients in order of weight are: Wheat flour, sea salt, sesame seeds, sunflower seeds fennel seeds, anise seeds, caraway seeds, amaranth seeds, poppy seeds and wheat germ, 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.

DIJON RYE BREAD MET

3/16/08

Nutrition Facts

Serving Size (36g)
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 170mg 7%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 6%

Sugars 1g

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

A slice for the two pound loaf (about 22 slices per loaf) is 36.30 grams or 1.28 oz.

Ingredients 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

pumpnickel 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 (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 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

pumpnickel MET

3/16/08

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 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 the 3.5 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..

white sandwich MET

3/16/08

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 6%

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

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 (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 (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.

Pain Rustique MET

3/18/08

Nutrition Facts

Serving Size (110g)
Servings Per Container

Amount Per Serving

Calories 300 Calories from Fat 35

% Daily Value*

Total Fat 4g 8%

Saturated Fat 0.5g 1%

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: 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.

Whole Grain Baguette ME1

3/18/08

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

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.

Spelt Bread MET

11/17/07

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

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.

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