

NUTRITIONAL INFORMATION - BREADS

Cracked Wheat

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (28g) 1 oz | |
| Servings Per Container 32 slices | |
| Amount Per Serving | |
| Calories 60 | Calories from fat |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 150mg | 6% |
| Total Carbohydrate 12g | 4% |
| 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 | |

The ingredients in order are: High gluten wheat flour, water, natural yeast starter, whole wheat and white flours, cracked wheat, sea salt, and malt.

Country White Large

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (38g) 1.34oz | |
| Servings Per Container 24 slices | |
| 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 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 | |

The ingredients in order of weight would be: Enriched wheat flour, (flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid, enzyme), water, yeast, salt, and wheat germ.

Country White Small

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (38g) 1.34oz | |
| Servings Per Container 12slices | |
| 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 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 | |

The ingredients in order of weight would be: Enriched wheat flour (flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid, enzyme), water, yeast, salt, and wheat germ.

Pain au Levain

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (28g) 1oz | |
| Servings Per Container 32 slices | |
| Amount Per Serving | |
| Calories 60 | Calories from fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 150mg | 6% |
| Total Carbohydrate 12g | 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 | |

The ingredients in order are: high gluten flour, water, sea salt, and malted barley flour.

French Baguette

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (28g) 1oz | |
| Servings Per Container 16 | |
| Amount Per Serving | |
| Calories 60 | Calories from fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 135mg | 6% |
| Total Carbohydrate 12g | 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 | |

The ingredients in order are flour, water, yeast, salt, or if you like they could be wheat flour, water, yeast and sea salt.

San Francisco Sourdough Loaf

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (28g) 1oz | |
| Servings Per Container 24 | |
| Amount Per Serving | |
| Calories 60 | Calories from fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 170mg | 7% |
| Total Carbohydrate 12g | 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 | |

The ingredients in order of weight are: Flour, water, salt and wheat germ. (Or you could say white flour or wheat flour, water, sea salt, and wheat germ)

White Sandwich

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (38g) 1.34oz | |
| Servings Per Container 24 slices | |
| 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 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 | |

The ingredients in order of weight would be: Enriched wheat flour, (flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid, enzyme), water, yeast, salt, and wheat germ.

French Demi Baguette

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (28g) 1oz | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 60 | Calories from fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 135mg | 6% |
| Total Carbohydrate 12g | 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 | |

The ingredients in order are flour, water, yeast, salt, or if you like they could be wheat flour, water, yeast, and sea salt.

Pumpernickel Bread

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (28g) | |
| 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 135mg | 6% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 1g | 5% |
| Sugars 1g | |
| Protein 2g | |
| 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 ingredients in order are: high gluten flour, water, white flour, rye flour, coffee, sunflower seeds, honey, molasses, caramel color, sea salt, cocoa, dried onions, yeast.

Pumpkin Bread

| Nutrition Facts | | | |
|--|----------------------|---------|---------|
| Serving Size (28g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 60 | Calories from fat 15 | | |
| % Daily Value | | | |
| Total Fat 1.5g | 0% | | |
| Saturated Fat 0g | 0% | | |
| Cholesterol 0mg | 0% | | |
| Sodium 70mg | 3% | | |
| Total Carbohydrate 11g | 4% | | |
| Dietary Fiber 1g | 4% | | |
| Sugars 3g | | | |
| Protein 2g | | | |
| Vitamin A 20% • 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 | | | |

The Nutrient Facts are for a 1 oz. portion size. (24 slices per 1.5 pound loaf.)

The ingredients in order are: Pumpkin, white and wheat flour, water, dried cranberries, pecans, brown sugar, butter, sea salt, milk powder, and spice and yeast.

Raisin Nut Roll 3 oz.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (85g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 220 | Calories from fat 35 |
| % Daily Value | |
| Total Fat 4g | 6% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 290mg | 12% |
| Total Carbohydrate 41g | 14% |
| Dietary Fiber 3g | 11% |
| Sugars 12g | |
| Protein 6g | |
| Vitamin A 0% • Vitamin C 2% | |
| 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 | |

Raisin Nut

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (28g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 70 | Calories from fat 10 |
| % Daily Value | |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber less than 1 gram | 4% |
| Sugars 4g | |
| 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 | |

The Nutrient Facts are for a 1 oz. portion or slice. (24 slices per 1.5 pound loaf.)

The ingredients in order are: white flour, water, raisins, whole wheat flour, pecans, walnuts, rye flour, honey, sugar, salt, milk powder, malt and yeast.

French Berry Rolls MET

2/22/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container

Amount Per Serving

Calories 390 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 570mg **24%**

Total Carbohydrate 83g **28%**

Dietary Fiber 3g **14%**

Sugars 14g

Protein 12g

Vitamin A 10% • Vitamin C 8%

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

The Nutrition Facts are for the nutrients for a French Berry Roll. Each roll weighs 6 oz. (170g)

The ingredients in order of weight are flour, water, berries, sea salt, wheat germ, and malt syrup

BRIOCHE

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (113g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 340 | Calories from fat 130 |
| % Daily Value | |
| Total Fat 14g | 22% |
| Saturated Fat 8g | 41% |
| Cholesterol 95mg | 31% |
| Sodium 480mg | 20% |
| Total Carbohydrate 45g | 15% |
| Dietary Fiber 1 g | 5% |
| Sugars 5g | |
| Protein 9g | |
| Vitamin A 10% • 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 | |

The Nutrient Facts are for a 4 oz. portion or brioche roll.

The ingredients in order are: wheat flour, butter, egg, water, milk, sugar, sea salt, and yeast.

Brioche Loaf

| Nutrition Facts | | | |
|--|-----------|----------------------|---------|
| Serving Size (28g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 90 | | Calories from fat 35 | |
| % Daily Value | | | |
| Total Fat 3.5g | | | 6% |
| Saturated Fat 2g | | | 10% |
| Cholesterol 25mg | | | 8% |
| Sodium 120mg | | | 5% |
| Total Carbohydrate 11g | | | 4% |
| Dietary Fiber 0 g | | | 0% |
| Sugars 1g | | | |
| Protein 2g | | | |
| Vitamin A 2% • 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 | | | |

The nutrient facts are for 1 oz. portion or a slice of brioche.

The ingredients in order are: wheat flour, butter, egg, water, milk, sugar, sea salt, and yeast.

Italian Bread

| Nutrition Facts | | | |
|--|-----------|---------------------|---------|
| Serving Size (28g) | | | |
| 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 100mg | | | 4% |
| Total Carbohydrate 12g | | | 4% |
| Dietary Fiber 0 g | | | 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 | | | |

The nutrient Facts are for a 1 oz. portion or a slice of Italian Bread from a 2 pound loaf. (32 slices per loaf)

The ingredients in order are: wheat flour, water, olive oil, sea salt, yeast, and malt.

Whole Wheat

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (28g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 70 | Calories from fat 15 |
| % Daily Value | |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 115mg | 5% |
| Total Carbohydrate 9g | 3% |
| Dietary fiber less than 1 gram | 3% |
| Sugars 1g | |
| Protein 4g | |
| 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 | |

The nutrient facts are for a 1 oz. portion or a slice of whole wheat sandwich bread from a 2 pound loaf. (32 slices per loaf).

The ingredients in order are: whole wheat flour, water, high gluten, flour, toasted grains (pumpkin seeds, sunflower seeds, oats, sesame seeds), cracked wheat, corn, molasses, sea salt, honey, and yeast.