

# Pittsfield Rye & Specialty

## Breads Inc.

### Plain Rye #1004

**Ingredients:** Unbleached unbromated enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, rye flour, yeast, salt, caraway, vital wheat gluten, dextrose, lactic acid, silicon dioxide, sodium diacetate, soybean oil, cultured corn syrup, citric acid, ascorbic acid, enzymes.

<b>Nutrition Facts</b>		
Serving Size 1/8th of Bread (57g)		
Servings Per Container		
<hr/>		
Amount Per Serving		
<b>Calories</b> 130	<b>Calories from Fat</b> 5	
<hr/>		
		% Daily Value*
<b>Total Fat</b> 0.5g		<b>1%</b>
Saturated Fat 0g		<b>0%</b>
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 340mg		<b>14%</b>
<b>Total Carbohydrate</b> 28g		<b>9%</b>
Dietary Fiber 1g		<b>5%</b>
Sugars 1g		
<b>Protein</b> 4g		
<hr/>		
Vitamin A 0%	•	Vitamin C 8%
Calcium 2%	•	Iron 10%
<hr/>		
*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
<hr/>		
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		