Pittsfield Rye & Specialty Breads Inc.

Farmers Long #1012

Ingredients: Unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, sunflower seeds, oat flakes, rye chops, honey, brown sugar, sesame seeds, poppy seeds, dill weed, dried molasses, vital wheat gluten, minced onion, yeast, sugar, soybean oil, salt, dextrose, citric acid, corn syrup, enzymes, ascorbic acid.

Nutrition Facts

Serving Size 1/16th of Bread (57g)
Servings Per Container

Amount Per Serving

Calories 160	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 1g	**5%**
Sugars 4g	
Protein 5g	

Vitamin A 0%	•	Vitamin C 6%
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