

# Pittsfield Rye & Specialty Breads Inc.

## Twelve Grain #1014

**Ingredients:** Unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, wheat flakes, natural sourdough, sunflower seeds, corn grits, millet, flax seed, rye flakes, sesame seeds, oat flakes, barley flakes, molasses (soy flour, corn starch, and silicon dioxide), honey powder, brown rice, triticale, spelt, amarant, vital wheat gluten, yeast, brown sugar, salt, dried molasses, citric acid, corn syrup.

### Nutrition Facts

Serving Size 1/8th of Bread (57g)  
Servings Per Container

Amount Per Serving

**Calories 140**    **Calories from Fat 20**

% Daily Value\*

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 2g	

**Protein** 7g

Vitamin A 0%    •    Vitamin C 2%

Calcium 2%    •    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