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.

Nutrition Facts

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

Amount Per Serving

Calories 140 Calories from Fat 20

	% Daily Value*
Total Fat 2g	**3**%
Saturated Fat 0g	**0**%
Cholesterol 0mg	**0**%
Sodium 310mg	**13**%
Total Carbohydrate 26g	**9**%
Dietary Fiber 2g	**7**%
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