

# Pittsfield Rye & Specialty Breads Inc.

## Pumpkin Spice #2022

**Ingredients:** Unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, pumpkin, cinnamon, brown sugar, yeast, sugar, soybean oil, vital wheat gluten, salt, nutmeg, allspice, ginger, corn syrup, citric acid, dextrose, ascorbic acid, enzymes.

<b>Nutrition Facts</b>			
Serving Size 1 Slice (57g)			
<b>Amount Per Serving</b>			
<b>Calories</b> 160	Calories from Fat 30		
<b>% Daily Values*</b>			
<b>Total Fat</b> 3g	<b>5%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 260mg	<b>11%</b>		
<b>Total Carbohydrate</b> 28g	<b>9%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 4g			
<b>Protein</b> 4g	<b>8%</b>		
Vitamin C 8%	●		
Calcium 2%			
Iron 10%			
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g