

Sweet Purple Wheat Bread (16 oz) - Pittsfield Rye 10.28.10

Ingredients:

ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RAISINS, WATER, WHOLE WHEAT FLOUR, YEAST, BROWN SUGAR, WHEAT GLUTEN, SOYBEAN OIL, WHOLE GRAIN WHEAT AND CORN FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, WHEAT FLOUR, ASCORBIC ACID, WHEAT FLOUR (CONTAINS BARLEY MALT FLOUR).

Nutrition Facts	
Serving Size (28g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 3g	
Vitamin A 0%	• Vitamin C 6%
Calcium 0%	• Iron 6%
Thiamin 4%	• Riboflavin 2%
Niacin 2%	• Folate 4%
*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	