

# 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).

<b>Nutrition Facts</b>	
Serving Size (28g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 125mg</b>	<b>5%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein 3g</b>	
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	