

Pittsfield Rye & Specialty Breads Inc.

Seeded Rye #1002

Ingredients: Unbleached unbromated enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, rye flour, caraway seeds, yeast, salt, caraway, vital wheat gluten, dextrose, lactic acid, silicon dioxide, sodium diacetate, soybean oil, cultured corn syrup, citric acid, ascorbic acid, enzymes.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1/8th of Bread (57g) | |
| Servings Per Container | |
| <hr/> | |
| Amount Per Serving | |
| Calories 140 | Calories from Fat 5 |
| <hr/> | |
| | % Daily Value* |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 330mg | 14% |
| Total Carbohydrate 27g | 9% |
| Dietary Fiber 1g | 6% |
| Sugars 1g | |
| Protein 5g | |
| <hr/> | |
| Vitamin A 0% | • Vitamin C 6% |
| Calcium 2% | • Iron 10% |
| <hr/> | |
| *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 |
| <hr/> | |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |