

Pittsfield Rye & Specialty Breads Inc.

Farmers Long #1012

Ingredients: Unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, sunflower seeds, oat flakes, rye chops, honey, brown sugar, sesame seeds, poppy seeds, dill weed, dried molasses, vital wheat gluten, minced onion, yeast, sugar, soybean oil, salt, dextrose, enzymes, ascorbic acid.

Nutrition Facts

Serving Size 1/16th of Bread (57g)

Servings Per Container

Amount Per Serving

Calories 160 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 27g 9%

Dietary Fiber 1g 5%

Sugars 4g

Protein 5g

Vitamin A 0% • Vitamin C 6%

Calcium 0% • 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