

# Pittsfield Rye & Specialty Breads Inc.

## Cinnamon Burst #1020

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

### Nutrition Facts

Serving Size 1/8th of Bread (57g)

Servings Per Container

Amount Per Serving

**Calories** 160      **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3g      **5%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 260mg      **11%**

**Total Carbohydrate** 29g      **10%**

Dietary Fiber 1g      **4%**

Sugars 4g

**Protein** 5g

Vitamin A 0%      •      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     |
| 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