

Pittsfield Rye & Specialty Breads Inc.

Tuscan Italian

Ingredients:

Flour-Unbleached, unbromated, enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate), filtered water, rye flour, yeast, salt, olive oil, rosemary, ascorbic acid, enzymes.

Nutrition Facts	
Serving Size 2 oz	
Amount Per Serving	
Calories 140	Calories From Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	5%
Sugars <1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* 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
Sat 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