

8-6-14



Whole Grain Wheat Bread 29 oz

7850

Nutrition Facts	
Serving Size 1 Slice 1 oz (28g)	
Servings Per Container About 29	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 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	

INGREDIENTS: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Salt, Soybean Oil, Monoglycerides, Calcium Propionate, Diacetyl Tartaric Acid Esthers of Mono-Diglycerides, Enzymes, Ascorbic Acid (Vitamin C), and 2% of Less of each of the Following: Preservatives (Propionic Acid, Phosphoric Acid), Malted Wheat Flour.

Contains Soy, Wheat.

The information listed above has been compiled from publications of the USDA and from data provided by RP Baking suppliers

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