

APPLE CHERRY PECAN

Nutrition Facts

Serving Size 1 slice 1/18 loaf
2oz. (56g)
Servings Per Container About 18

Amount Per Serving

Calories 130 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **1%**

Sodium 330mg **14%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **12%**

Sugars 12g

Protein 3g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 6%

*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	300 mg
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: Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries, Dried Apples, Pecans, Yeast, Salt, and Eggs. CONTAINS: WHEAT, PECANS AND EGG.

*Martin & Rebecca
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NET WT 36 OZ.