

CHALLAH WHOLE GRAIN

Nutrition Facts

Serving Size 1 slice 1/13 loaf

2oz (56g)

Servings Per Container About 13

Amount Per Serving

Calories 140 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 260mg **11%**

Total Carbohydrate 28g **9%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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	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:

100% Fresh Ground Whole Wheat Flour, Water, Honey, Eggs, Yeast, and Salt.

CONTAINS: WHEAT AND EGG

*Martin & Rebecca
McCorkle
229 S. Elliott
Chapel Hill, NC*

NET WT 26 OZ