

BREAKFAST BLAST

Nutrition Facts

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

Amount Per Serving

Calories 130 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **9%**

Total Carbohydrate 26g **9%**

Dietary Fiber 4g **14%**

Sugars 10g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*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:

Fresh Ground 100% Whole Wheat Flour, Water, Honey, Raisins, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, nonfat dry milk, soy lecithin), Rolled Oats, Yeast, Salt and Cinnamon

CONTAINS:

WHEAT, SOY
AND MILK

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NET WT 26 OZ.