

CLASSIC NINE GRAIN

Nutrition Facts

Serving Size 1 slice 1/22 loaf
1.75oz (50g)
Servings Per Container About 22

Amount Per Serving

Calories 110 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **14%**

Sugars 5g

Protein 4g

Vitamin A 0% • 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, 9 Grain Mix (Blended Wheat, Barley, Corn, Millet, Soy Beans, Rye, Triticale, Oats, Rice, Flax Seed), Yeast, Salt, and Eggs.

CONTAINS:
WHEAT, SOY AND EGG WHITES

*Martin & Rebecca
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NET WT 36 OZ.