GREAT PRAIRIE GRAIN

Nutrition Facts

Serving Size 1 slice 1/18 loaf
1.5oz (42g)
Servings Per Container About 18

Amount Per Serving

Calories 90	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5**%
Saturated Fat 0g	**2**%
Trans Fat 0g	
Cholesterol 5mg	**2**%
Sodium 200mg	**8**%
Total Carbohydrate 12g	**4**%
Dietary Fiber 3g	**10**%
Sugars 3g	
Protein 6g	

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: Water, Fresh Ground 100% Whole Wheat Flour, Wheat Gluten, Honey, Tofu, Flax Seeds, Wheat Bran, Olive Oil, Eggs, Oat Bran, Rolled Oats, Yeast, Salt.
CONTAINS: WHEAT, SOY AND EGG.

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NET WT 27OZ.