

NUTRITIONAL FACTS

PARPAN

8 Pc Artisan English Muffins

Nutrition Facts	
96 servings per container	
Serving size	1 Muffin (57g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.5mg	8%
Potassium 60mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

VIII. INGREDIENT LIST

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), FILTERED WATER, CORNMEAL, RYE FLOUR MEDIUM, SEA SALT, NATURAL DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), DRY DIASTATIC MALT POWDER (MALTED BARLEY, WHEAT FLOUR, DEXTROSE), YEAST, DEACTIVATED YEAST

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PARPAN

Square Sourdough Loaf

Nutrition Facts	
About 115 servings per container	
Serving size	2 oz (57g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 24g	9%
Dietary Fiber <1g	3%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 30mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

VIII. INGREDIENT LIST

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), FILTERED WATER, SEA SALT, CORNMEAL, NATURAL DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), SOYBEAN OIL, YEAST, DEACTIVATED YEAST

NUTRITIONAL FACTS

PARPAN

Multigrain Pullman Sliced Bread

Nutrition Facts	
14 servings per container	
Serving size	1 slice (36g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes <1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.4mg	8%
Potassium 80mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

VIII. INGREDIENT LIST

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), FILTERED WATER, LESS THAN 2% OF: RYE FLOUR MEDIUM, SEA SALT, YEAST, NATURAL DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), SOYBEAN OIL, CALCIUM PROPIONATE (PRESERVATIVE), DEACTIVATED YEAST