

NUTRITIONAL FACTS

PARPAN BAKERY

Rosemary Focaccia

Nutrition Facts	
8 servings per container	
Serving size	1 focaccia (64g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 38g	14%
Dietary Fiber 1g	4%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 2.4mg	15%
Potassium 70mg	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

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), FILTERED WATER, VEGETABLE OIL BLEND (CANOLA OIL, VIRGIN OLIVE OIL), SEA SALT, ROSEMARY, YEAST, SOYBEAN OIL, DEACTIVATED YEAST, ASCORBIC ACID

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PARPAN BAKERY

Sliced Sourdough Batard

Nutrition Facts	
20 servings per container	
Serving size	1 slice (40g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 21g	8%
Dietary Fiber <1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.3mg	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

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

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PARPAN BAKERY

Cranberry Walnut Loaf

Nutrition Facts	
14 servings per container	
Serving size	2 oz (56g)
Amount Per Serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.3mg	8%
Potassium 40mg	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

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), FILTERED WATER, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), WHOLE GRAIN WHEAT FLOUR, SEA SALT, WALNUTS, NATURAL DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), SOYBEAN OIL, YEAST, HONEY

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