

# NUTRITIONAL FACTS

## Nutrition Facts

12 serving per container

**Serving size 1 Slice (42g)**

**Amount Per Serving**

**Calories 90**

**% Daily Value\***

**Total Fat 2.5g 3%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol 0mg 0%**

**Sodium 80mg 3%**

**Total Carbohydrate 13g 5%**

Dietary Fiber 3g **11%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein 4g**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.3mg 2%

Potassium 10mg 0%

\* 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.

INGREDIENTS: WHEAT FLOUR, PUFFED QUINOA, FLAX SEEDS (BROWN), FLAX SEEDS (YELLOW), PUMPKIN SEEDS, WHEAT GERM FLOUR, BUCKWHEAT SEMOLINA, SALT, WHEAT GLUTEN, WHEAT FIBER, STABILIZER: GUAR GUM, BARLEY MALT EXTRACT POWDER, DRIED WHEAT SOURDOUGH, EMULSIFIER, FLOUR TREATMENT AGENT: ASCORBIC ACID, WATER, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), YEAST (SSCCHAROMYCES CEREVISIAE)

CONTAINS: WHEAT

BREAD & BREAD CORP  
7245 NW 19TH ST SUITE A  
MIAMI, FL 33126