

NUTRITIONAL FACTS

ESSENTIAL BAKING Co.

Nutrition Facts

6 servings per container

Serving size 1/3 Loaf (66g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

*Trans*Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 30g 11%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 7mg 0%

Iron 0.5mg 4%

Potassium 0.5mg 0%

* The % Daily Values (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: Organic Unbleached Wheat Flour, Water, Sea Salt, Yeast.

Contains: Wheat.