

NUTRITIONAL FACTS

Nutrition Facts

12 servings per container

Serving size 1 slice (56g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 12%

Total Carbohydrate 11g 4%

Dietary Fiber 5g 18%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 14g 28%

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 1.8mg 10%

Potassium 376mg 8%

*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: Protein mixture (wheat protein, soy protein, soy bean groats, linseeds, sunflower seeds, soy flour, whole meal wheat flour, wheat bran, apple fiber, sesame, salt, barley malt flour, soy lecithin, sodium acetate), water, yeast.

CONTAINS: WHEAT

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

NUTRITIONAL FACTS

Nutrition Facts

12 serving per container

Serving size 1 Slice (42g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 13g 5%

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.6mg 4%

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: WATER, WHEAT FLOUR, SUNFLOWER SEEDS, CHIA SEEDS, PUMPKIN SEEDS, LINSEED, WHEAT GLUTEN, DRIED WHEAT SOURDOUGH, SALT, THICKENER, SPICES, MALT FLOUR (BARLEY, WHEAT), TAPIOCA STARCH, BARLEY MALT EXTRACT, ENZYMES, FLOUR TREATMENT AGENT: ASCORBIC ACID, 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