Nutritic Serving Size one Servings Per Cor	slice	1.5 c		
Amount Per Serving				
Calories 90	Calo	ries f	rom	Fat 10
		9	6 Dail	y Value
Total Fat 1g				2%
Saturated Fat	0g			0%
Trans Fat 0g				
Cholesterol 0mg	1			0%
Sodium 260mg				11%
Total Carbohydr	ate 1	8g		6%
Dietary Fiber 1	g			4%
Sugars 0g				
Protein 3g				
Vitamin A 0%		/itam	- 0	00/
110111111111				0%
Calcium 2%		ron 6		
*Percent Daily Values a diet. Your daily values depending on your calo Calor	may be	highe	r or lov	
Saturated Fat Less		65g 20g 300m 2,400 300g 25g	g 3 mg 2 3	30g 25g 300mg 2,400mg 375g 30g

RYE

INGREDIENTS: Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Rye Flour, Salt, Spices, Sugar, Acetic Acid, Lactic Acid, Wheat Gluten, Soybean Oil, Yeast, Caraway Seeds, Calcium Propionate, Mono and Diglycerides, Ethoxylated Mono and Diglycerides, Contains 2% or Less of Each of the Following: (Polysorbate 60, Propionic Acid, Sodium Propionate (a Preservative), Phosphoric Acid, Natural Flavor).

PUMPERNICKLE HOMESTYLE Nutrition Facts Serving Size 1.5oz (41g) Servings Per Container About 33 Amount Per Serving Calories 80 Calories from Fat 10 % Daily Value* Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 270mg 11% Total Carbohydrate 20g 7% Dietary Fiber 2g 8% Sugars 1g Protein 3g Vitamin A 0% Vitamin C 0% Calcium 4% Iron 2% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs 2 000 2 500 Calories: Total Fat Less than 65g 80g Saturated Fat 25g 300mg Less than 20g 300mg Cholesterol Less than Sodium Less than 2,400mg 2.400ma Total Carbohydrate 375g 300g 25g Dietary Fiber 30g

INGREDIENTS: Wheat Flour, Water, Rye Flour, Salt, Spices, Sugar, Acetic Acid, Lactic Acid, Soybean Oil, Caramel Color [Sulfites], Yeast, Emulsifier (Mono and Diglycerides, Ethoxylated Mono and Diglycerides, Contains 2% or Less of Each of the Following: (Polysorbate 60, Propionic Acid, Sodium Propionate (a Preservative), Phosphoric Acid)), Calcium Propionate, Ground Caraway, Corn Meal, Contains 2% or Less of: (Natural Flavor).

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

CHALAH HOMESTYLE Nutrition Facts

Serving Size 1oz (28g)

Servings Per Container

e en tringe tre				
Amount Per Se	rving			
Calories 70	Calo	ories fron	n Fat 10	
		% Da	aily Value*	
Total Fat 1g			2%	
Saturated	Fat 0g		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 140	mg		6%	
Total Carbo	hydrate	13g	4%	
Dietary Fi	ber 0g		0%	
Sugars 1g]			
Protein 2g				
-				
Vitamin A 0%	6 •	Vitamin (C 15%	
Calcium 4%	•	lron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grau Fat 9 • 0	Less than Less than ate	20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

INGREDIENTS: Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Sugar, Soybean Oil, Egg Blend (Wheat Flour, Egg Yolk, with added Whole Egg Solids, Soybean Oil, Cellulose Gum, Soy Lecithin, Salt, Sodium Bicarbonate, Annatto Oleoresin & Tumeric Oleoresin (for color), Enzymes), Yeast, Salt, Conditioner (Diacetyl Tartaric Acid Esthers of Mono-Diglycerides (DATEM), Enzymes. Ascorbic Acid (Vitamin C), and 2% of Less of each of the Following: Malted Wheat Flour, Soybean Oil), Calcium Propionate, Ground Turmeric.

Notes:

The information listed has been compiled from publications of the USDA and data provided by suppliers.