

RYE

Nutrition Facts

Serving Size 1 slice 1.5 oz (43g)
Servings Per Container 32

Amount Per Serving			
Calories 90	Calories from Fat 5		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 280mg			12%
Total Carbohydrate 19g			6%
Dietary Fiber 1g			4%
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: Wheat 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

Nutrition Facts

Serving Size 1.5oz (43g)
Servings Per Container 31

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 280mg			12%
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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)

MARBLE RYE

Nutrition Facts

Serving Size 1.5 oz (43g)
Servings Per Container About 32

Amount Per Serving			
Calories 100	Calories from Fat 5		
		% Daily Value*	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 280mg			12%
Total Carbohydrate 21g			7%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 4g			
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: Wheat Flour, Water, Rye Flour, Salt, Spices, Sugar, Acetic Acid, Lactic Acid, Chopped Rye, Yeast, Caramel Color [Sulfites], 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).

4LB RYE

Nutrition Facts

Serving Size 1 slice 2oz (57g)
Servings Per Container 31

Amount Per Serving			
Calories 120	Calories from Fat 5		
		% Daily Value*	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 370mg			15%
Total Carbohydrate 26g			9%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 4g			
Vitamin A 0%	• Vitamin C 2%		
Calcium 6%	• 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: Wheat Flour, Water, Rye Flour, Salt, Spices, Sugar, Acetic Acid, Lactic Acid, Contains 2% or Less of: (Natural Flavor), Yeas Calcium Propionate, Emulsifier (Water, 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), Dough Improver (Wheat Flour, DATEM Salt, Calcium Sulfate, Soybean Oil, Contains 2% or Less of: (Ascorbic Acid, L-Cysteine Hydrochloride, Enzymes, Azodicarbonamide Ground Caraway Seeds.

Notes:

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