#### **RYE**

# **Nutrition Facts**

Serving Size 1 slice 1.5 oz (43g)

Servings Per Container 32				
Amount Per Se	rving			
Calories 90	Ca	lories fro	m Fat 5	
		% Da	aily Value*	
Total Fat 0g		0%		
Saturated		0%		
Trans Fat 0g				
Cholesterol 0mg 0%			0%	
<b>Sodium</b> 280mg <b>12</b> %				
Total Carbohydrate 19g 6%				
Dietary Fiber 1g 4%				
Sugars 1g				
Protein 3g				
Vitamin A 09	6 · \	Vitamin (	C 0%	
Calcium 4%	• 1	ron 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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

**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 Diglycerides, Contains 2% or Less of Each of the Following: (Polysorbate 60, Propionic Acid, Sodium Propionate (a Preservative), Phosphoric Acid, Natural Flavor).

Fat 9 · Carbohydrate 4 · Protein 4

Calories per gram:

### **PUMPERNICKLE**

## **Nutrition Facts**

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

Servings Per Container 31				
Amount Per Serving				
Calories 80	Cald	ories fron	n Fat 10	
		% Da	ily Value*	
Total Fat 1g			2%	
Saturated Fat 0g			0%	
Trans Fat 0g				
Cholesterol 0mg			0%	
Sodium 280mg 12			12%	
Total Carbohydrate 20g 7%				
Dietary Fiber 2g 8%				
Sugars 1g				
Protein 3g				
Vitamin A 0%	. \	Vitamin C	0%	
Calcium 4%	• 1	ron 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				
Saturated Fat Less Cholesterol Less	than than than than than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 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)

### MARBLE RYE

## **Nutrition Facts**

Serving Size 1.5 oz (43g) Servings Per Container About 32				
Amount Per Serving	1			
Calories 100	Ca	lories fro	om Fat 5	
		% D	aily Value*	
Total Fat 0.5g			1%	
Saturated Fat 0g			0%	
Trans Fat 0g				
Cholesterol 0m		0%		
Sodium 280mg			12%	
Total Carbohydrate 21g 7%				
Dietary Fiber 2g 8%			8%	
Sugars 1g				
Protein 4g				
Vitamin A 0%	• \	/itamin	C 0%	
Calcium 4%	• 1	ron 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				
Saturated Fat Les Cholesterol Les	s than s than s than s than s than	65g 20g 300mg 2,400mg 300g 25g	375g 30g	

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 (	Og <b>0</b> %			
Trans Fat 0g				
Cholesterol 0mg	0%			
Sodium 370mg	15%			
Total Carbohydrate 26g				
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 Saturated Fat Less Cholesterol Less Sodium Less Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carboh	than 20g 25g than 300mg 300mg			

**INGREDIENTS:** Wheat Flour, Water, Rye Flou Salt, Spices, Sugar, Acetic Acid, Lactic Acid Contains 2% or Less of: (Natural Flavor). Yeas Calcium Propionate, Emulsifier (Water, Mor and Diglycerides, Ethoxylated Mono ar Diglycerides, Contains 2% or Less of Each the Following: (Polysorbate 60, Propionic Acie Sodium Propionate (a Preservative), Phosphor Acid), Dough Improver (Wheat Flour, DATEN Salt, Calcium Sulfate, Soybean Oil, Contair 2% or Less of: (Ascorbic Acid, L-Cysteir Hydrochloride, Enzymes, Azodicarbonamide Ground Caraway Seeds.

#### Notes:

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