

# Pittsfield Rye & Specialty Breads Inc.

## Seeded Rye #1002

**Ingredients:** Unbleached unbromated enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, rye flour, caraway seeds, yeast, salt, caraway, vital wheat gluten, dextrose, lactic acid, silicon dioxide, sodium diacetate, soybean oil, ascorbic acid, enzymes.

<b>Nutrition Facts</b>	
Serving Size 1/8th of Bread (57g)	
Servings Per Container	
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Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 5
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	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 1g	
<b>Protein</b> 5g	
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Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 10%
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*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
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	