

Pittsfield Rye & Specialty Breads Inc.

Black Russian Pumpernickel Rye #1008

Ingredients: Unbleached unbromated enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, rye flour, whole grain rye meal, yeast, salt, vital wheat gluten, caramel color, sugar, ground caraway seed, lactic acid, silicon dioxide, ground dill seed, soybean oil, ascorbic acid, enzymes.

Nutrition Facts		
Serving Size 1/8th of Bread (57g)		
Servings Per Container		
Amount Per Serving		
Calories 130	Calories from Fat 5	
% Daily Value*		
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 300mg		12%
Total Carbohydrate 28g		9%
Dietary Fiber 1g		4%
Sugars 1g		
Protein 4g		
Vitamin A 0%	•	Vitamin C 8%
Calcium 2%	•	Iron 10%
*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		