

Pittsfield Rye Bakery & Specialty Breads Co.
Thaw & Serve

Apple, Cinnamon, Raisin, & Pecan Bread

Flour-Unbleached, Unbromated flour-wheat flour, enriched, (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate), filtered water, dried apples, raisins, pecans, cinnamon chips, rye flour, yeast, wheat extracted sponge flavor, vital wheat gluten, palm oil, sugar, salt, sodium stearoyl lactylate, soy flour, dextrose, ascorbic acid, enzymes.

Nutrition Facts			
Serving Size 2 OZ			
Amount Per Serving			
Calories	170	Calories From Fat	35
		% Daily Value*	
Total Fat	3.5g		6%
Saturated Fat	0.5g		3%
Trans Fat	1g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	32g		11%
Dietary Fiber	<1g		4%
Sugars	5g		
Protein	3g		
Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	4%
* 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
Sat 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