

Pittsfield Rye Bakery & Specialty Breads Co.

Thaw & Serve

Farmers Bread

Unbleached-Unbromated Flour-Wheat Flour, Enriched (Wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate), filtered water, rolled oats, sunflower seeds, honey, rye chops, sesame seeds, poppy seeds, yeast, minced onion, vital wheat gluten, natural sponge flavor, palm oil, soybean oil, sugar, salt, dill weed, soy flour, soy oil, dextrose, sodium stearoyl lactylate, 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	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	29g		10%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	6g		
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		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