

Pittsfield Rye Bakery & Specialty Bread Co.
Thaw & Serve

Black Russian Pumpernickel Bread

Flour-Unbleached, Unbromated flour-wheat flour, enriched, (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate), filtered water, rye flour, rye flakes, course pumpernickel flour, caraway, vital wheat gluten, yeast, caramel color, silicon dioxide, dextrose, lactic acid, soybean oil, sodium diacetate, sodium stearoyl, lactylate, l-cysteine, ascorbic acid, azodicarbonamide, enzymes.

Nutrition Facts			
Serving Size 2 OZ			
Amount Per Serving			
Calories	140	Calories From Fat	10
			% Daily Value*
Total Fat	1g		1%
Saturated Fat	0g		1%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	340mg		14%
Total Carbohydrate	25g		8%
Dietary Fiber	2g		9%
Sugars	<1g		
Protein	6g		
Vitamin A	0%	• Vitamin C	0%
Calcium	4%	• 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
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