

Pittsfield Rye Bakery & Specialty Breads Co.
Thaw & Serve

Seeded Rye Bread

Flour-Unbleached, Unbromated flour-wheat flour, enriched, (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate), filtered water, rye flour, wheat extracted sour dough flavor, caraway seeds, yeast, salt, caraway, vital wheat gluten, dextrose, lactic acid, silicon dioxide, sodium diacetate, soybean oil, ascorbic acid, enzymes.

Nutrition Facts	
Serving Size 2 OZ	
Amount Per Serving	
Calories 140	Calories From Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	10%
Sugars <1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
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
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