

Pittsfield Rye Bakery & Specialty Breads Co.
 Thaw & Serve

100 % Stone ground wheat 12 Grain Bread

stone ground wheat flour, filtered water, vital wheat gluten, yeast, wheat flakes, natural sourdough, sunflower seeds, corn meal, millet, flax seed, rye flakes, sesame seeds, oat flakes, barley flakes, molasses, honey, brown sugar, brown rice, wheat extracted sponge flavor, salt, wheat flour, malted barley flour, ascorbic acid, enzymes, 2% or less of: triticale, spelt, amaranth, buckwheat, quinoa, soybean oil.

Nutrition Facts	
Serving Size 2 OZ	
Amount Per Serving	
Calories 140	Calories From Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 8g	
Vitamin A 0%	• Vitamin C 6%
Calcium 4%	• Iron 20%
* 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