

Nutritional Label

71330-60149 FR 1

FREIHOFER #149 STONEGROUND 100% WHOLE WHEAT BREAD 24 OZ

Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
Thiamin 15%	Riboflavin 8%
Niacin 10%	Folic Acid 8%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4

WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, YEAST, SOYBEAN OIL, WHEAT BRAN, SALT, MONO- AND DIGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, DATEM, MONOCALCIUM PHOSPHATE, ENRICHMENT (FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, CALCIUM SULFATE, CALCIUM PHOSPHATE), SOY LECITHIN, AZODICARBONAMIDE.

1 LB 8 OZ (680g) / PC# 87087 / KOSHER: KOF K PARVE / R9036