

9-GRAIN


(100% whole wheat)



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Red and white cracked wheat, rye, barley, corn, millet, oats, flax and buckwheat kernels make up this fresh whole-grain bread rich in taste, nutrients and fiber. Great for athletes, health-conscious individuals and bread lovers of all ages!

Serving Ideas for our whole-grain breads:

- Perfect for toast & sandwiches.
 - Serve with salad for a healthy & delicious lunch
 - Rip off a generous hunk to go with a bowl of soup. Pass the butter (or cheese slices)!
 - Try an open-faced grilled cheese with sharp cheddar
 - For a flavorful hors d'oeuvre, slice into thin squares (like crackers) and serve with assorted cheeses
 - Cut into dainty, thin, half-size slices in a basket for dinner guests
-  - adds great texture and flavor to complement a meal, without being heavy.

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Nutrition Facts

Serving Size 1 slice 1/21 loaf
 1.75oz (50g)
 Servings Per Container About 21

Amount Per Serving

Calories 120 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 5g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 2%

*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
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

INGREDIENTS:

Fresh-ground 100% Whole Wheat Flour, Filtered Water, 9-Grain Mix (*Barley, Buckwheat, Corn, Flax, Millet, Oats, Rye, Red Wheat, and White Wheat*), Honey, Yeast and Salt.

CONTAINS: WHEAT

*Made in our kitchen
 from scratch-
 (just like homemade)
always!*



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