

DAKOTA


(100% whole wheat)



Dakota

Go for crunchy! This is the kind of loaf you take skiing, and warm up on the engine of your car. A zany combo of sunflower seeds, pumpkin seeds, sesame seeds and millet are generously kneaded into our Honey Whole Wheat for an extra crunchy texture. This loaf has slightly less salt & sweetener than our other loaves.

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 140 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*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, Honey, Sunflower Seeds, Millet, Pumpkin Seeds, Poppy Seeds, Sesame Seeds, Yeast and Salt.

CONTAINS: WHEAT

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



Great Harvest Bread Co.
 785 Station St. Herndon VA
 703-471-4031

www.darngoodbread.com