

HONEY WHOLE WHEAT

100% whole wheat



Honey Whole Wheat

This is our signature bread! A perfect blend of 5 simple and pure ingredients make this a whole wheat staple. Our Honey Whole Wheat features freshly ground, flavor-rich wheat grown on family-owned farms, pure honey, filtered water, salt and yeast.

The perfect loaf for any occasion!



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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 110 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 280mg **12%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*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, Yeast and Salt.

CONTAINS: WHEAT

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



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