

# ***NORTHERN CHERRY***

***100% whole wheat***



**Northern Cherry**

This 100% whole-grain loaf is chock-full of super-healthy cherries and almonds for a “crunchy-fruity” taste sensation!

## **Serving Ideas:**

- Makes awesome fruity-crunchy buttered toast!
- An excellent choice for afternoon “pick-me-up” snack
- Serve with cream cheese—better than a bagel!



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# Nutrition Facts

Serving Size 1 slice 1/14 loaf  
 1.75oz (50g)  
 Servings Per Container About 14

## Amount Per Serving

**Calories** 130      **Calories from Fat** 15

**% Daily Value\***

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 2g      **9%**

Sugars 11g

**Protein** 4g

Vitamin A 8%      • Vitamin C 0%

Calcium 2%      • 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, Dried Cherries (*cherries, sugar, sunflower oil*), Honey, Cherries, Almonds, Yeast, Salt, Almond Flavoring.

**CONTAINS: WHEAT AND ALMONDS**

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



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