

ONION DILL RYE

Bread



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This herby blend of onions and dill bakes up a sweet, savory rye bread unlike any other!

Serving Ideas:

- Onion Dill Rye is an extra-spectacular sandwich bread!
- Here's a great hors d'oeuvre: Scoop out the center and filled with spinach dip—serve with veggies or square chunks of bread for dipping.
- A wonderful bread to serve in hunks with soup or stew.
- A great bread for the grill—just cut a slice or two (or ten!), brush with one of our bread dipping oils and toast on the grill until well browned. Pop the hot slices in a basket and pass around! Eat as is, or dip in marinara sauce.

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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 23g **8%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 4g

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:

Filtered Water, Fresh-ground 100% Whole Wheat Flour, Hi Fructose Corn Syrup, Rye Flour, Enriched White Flour (unbleached, unbromated), Yeast, Salt, Onion, Dill, Poppy Seeds, Sesame Seeds.

CONTAINS: WHEAT

Roughly 55% whole wheat flour, 25% rye flour, 20% white flour

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



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