

PUMPKIN SWIRL

Bread



Pumpkin Swirl

The perfect blend of real pumpkin, spices, walnuts, and buttery streusel, hand-rolled into a light wheat loaf!

PUMPKIN SWIRL

Nutrition Facts

Serving Size 1 slice 1/17 loaf
 1.75oz (50g)
 Servings Per Container About 17

Amount Per Serving

Calories 120 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 25g **8%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 3g

Vitamin A 25% • Vitamin C 0%

Calcium 2% • Iron 6%

*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:

Enriched White Flour (*unbleached, unbromated*), Filtered Water, Pumpkin, Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Hi Fructose Corn Syrup, Walnuts, Yeast, Butter, Salt, Pumpkin Pie Spice.

CONTAINS: WHEAT, WALNUTS, MILK (butter)

*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