

WOODSTOCK

(100% whole wheat)



Woodstock

This loaf showcases the goodness and taste sensation of whole, delicious grains with the added twist of fresh and flavorful walnuts & pecans!

Serving Ideas for our whole-grain breads:

- Perfect for toast & sandwiches.
- Serve with salad for a healthy & delicious lunch
- Slice up some generous hunks 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 130 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 5g

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:

Fresh-ground 100% Whole Wheat Flour, Filtered Water, Honey, Sunflower Seeds, Yeast, Walnuts, Pecans, Flax Seeds and Salt.

CONTAINS: WHEAT, WALNUTS AND PECANS

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



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