

# **APPLE SCRAPPLE**

## **100% whole wheat**



### **Apple Scrapple**

Our white-flour Apple Scrapple is absolutely one of our most popular breads—but we have lots of whole-wheat breadheads who love that we make a 100% whole wheat of Apple Scrapple on Wednesdays. Made with fresh-cut Granny Smith apples, cinnamon, butter, and eggs, this loaf is packed with flavor and sweet goodness.

#### **Serving Ideas:**

- Apple Scrapple is awesome toasted with butter
- Top me with peanut butter for lunch
- Eat me straight out of the bag for an after-school snack!



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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** 20

**% Daily Value\***

**Total Fat** 2.5g      **4%**

    Saturated Fat 1.5g      **8%**

    Trans Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 160mg      **7%**

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

    Dietary Fiber 2g      **8%**

    Sugars 10g

**Protein** 4g

Vitamin A 2%      • 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, Brown Sugar, Applesauce, Granny Smith Apples, Filtered Water, Honey, Butter, Eggs, Enriched White Flour (unbleached, unbromated), Dates, Yeast, Vanilla Flavoring, Salt and Cinnamon.

**CONTAINS: WHEAT, MILK AND EGG**

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



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