

MARCH 2023		Ingredients	Fat	Trans + Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Challah		Enriched white flour, water, honey, eggs, yeast and salt.	8.5g/1%	0g	10mg/0%	220mg/9%	23g/8%	2g/1%	0g	4g	110	5
Cinnamon Raisin Walnut		Enriched white flour, water, raisin, walnuts, butter, milk, eggs, canola oil, sugar, yeast, cinnamon, and salt.								-		
Cinnamon Cranberry Walnut		Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, almonds, dried cranberries, walnuts.										
Extreme Cinnamon Chip		Enriched white flour, water, cinnamon chips*, corn sweetener, yeast and salt.	3g/1%	0g	0mg/0%	330mg/15%	35g/13%	1g/1%	0g	4g	180	25
Extreme Cinnamon Swirl		Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast and salt.	2g/1%	0g	0mg/0%	280mg/12%	34g/13%	1g/1%	14g	3g	170	20
Everything Cheddar		Enriched white flour, water, corn sweetener, yeast, cheddar oil, cheddar cheese, everything bagel seasoning, salt.										
Harvest White		Enriched white flour, water, yeast, corn sweetener, and salt.	5g/1%	0g	0mg/0%	380mg/16%	21g/8%	1g/1%	0g	4g	140	5
Honey Whole Wheat		Freshly milled wheat flour of the highest protein content mixed together with water, honey, yeast and salt.	8.5g/1%	0g	0mg/0%	320mg/14%	25g/9%	4g/14%	0g	5g	130	5
Irish Soda Bread		Whole wheat flour, white flour, raisins, honey, butter, milk, baking powder, baking soda.	8.5g/1%	0g	0mg/0%	200mg/8%	27g/9%	2g/8%	0g	4g	130	5
Hungarian Nut Roll		Enriched white flour, water, milk, eggs, white sugar, yeast, salt, butter, altered almonds, FILLING: Sugar, poppy seeds, water, chocolate, honey, sodium alginate, salt.										
Italian Sourdough		Enriched white flour, water, sourdough starter, yeast and salt.	1g/1%	0g	0mg/0%	460mg/20%	25g/9%	1g/1%	0g	4g	130	10
Jo's Rye		Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, orange powder, and salt.	8.5g/1%	0g	0mg/0%	390mg/17%	30g/11%	3g/9%	0g	4g	140	5
Lo Cab 9 Grain		Freshly milled whole wheat flour, water, honey, whole grain oats, eggs 9-grain mix (barley, buckwheat, corn, flax, millet, oats, red wheat, rye, white wheat), wheat bran, molasses, cane flour, yeast, salt and salt.	3.5g/1%	0g	0mg/0%	290mg/13%	15g/5%	3g/11%	4g	7g	120	6
Marble Rye		Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, cane wax powder, yeast, caramel coloring, and salt.	8.5g/1%	0g	0mg/0%	350mg/15%	27g/9%	2g/8%	0g	4g	130	5
Parmesan Sourdough		Enriched white flour, water, sour dough starter, yeast, parmesan cheese, and salt.	1g/1%	0g	0mg/0%	460mg/20%	25g/9%	1g/1%	0g	4g	130	10
Spinach Mozzarella Swirl		White flour, yeast, water, salt, corn sweetener, mozzarella cheese, spinach, and black pepper.										
White Cheddar Garlic		Enriched white flour, water, corn sweetener, yeast, cheddar oil, cheddar cheese, onion, garlic, salt.	2.5g/2%	0g	10mg/0%	260mg/11%	21g/8%	1g/1%	3g	5g	130	25
White Chocolate Caramel Bread Pudding™		Enriched white flour, cinnamon chips*, eggs, half & half, almond, sugar, margarine, vanilla, cinnamon, orange marmalade, white chocolate chips, water, powdered sugar, yeast, and salt.	15g/10%	7g/20%	65mg/21%	390mg/17%	57g/21%	1g/1%	30g	6g	300	150

Serving Size: 56g (2 oz). There are 10 servings in a 560g loaf. *Nutritionally, 1 slice (14g) (25%) of Harvest made in "Amateur Provenant" Daily Values are based on a 2020 dietary plan. Nutritional values for breads with fillings or toppings such as nut, jam, or cheese are approximate only. *Cinnamon chips contain sugar, palm oil, cinnamon, vanilla, and soy lecithin. ALL BREADS MAY CONTAIN TRACES OF SOY.