

FEBRUARY 2025		Ingredients	Fat	Total Fat	Chol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
<b>Cheddar Sourdough</b>	Enriched white flour, water, sourdough starter, cheddar cheese, yeast and salt.											
<b>Cherry Walnut</b>	Whole wheat flour, water, yeast, salt, honey, cherries, walnuts											
<b>Cinnamon Cinnamon Walnut</b>	Enriched white flour, sugar, salt, yeast, cinnamon, egg, vanilla oil, water, almonds, dried cranberries, walnuts											
<b>Extreme Cinnamon Chip</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt	3g1%	0g	0mg0%	330mg15%	35g13%	1g1%	0g	4g	100	25	
<b>Extreme Cinnamon Swirl</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt	2g3%	0g	0mg0%	200mg13%	34g13%	1g1%	14g	3g	175	20	
<b>Harvest White</b>	Enriched white flour, water, yeast, corn sweetener, and salt	8g1%	0g	0mg0%	300mg15%	21g10%	1g1%	5g	4g	140	5	
<b>Honey Whole Wheat</b>	Freshly milled wheat flour or the highest protein concentrated together with water, honey, yeast, and salt	0.5g1%	0g	0mg0%	320mg14%	25g9%	4g14%	0g	5g	130	5	
<b>Italian Sourdough</b>	Enriched white flour, water, sourdough starter, yeast, and salt	1g1%	0g	0mg0%	400mg20%	25g9%	1g1%	0g	4g	130	10	
<b>Jo's Rye</b>	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, orange poppy seed, and salt	0.5g1%	0g	0mg0%	300mg17%	30g11%	3g10%	0g	4g	140	5	
<b>Lo Carb 9 Grain</b>	Freshly milled whole wheat flour, water, honey, wheat gluten, eggs & grain mix (barley, buckwheat, corn, flax, millet, oats, red wheat, rye, white wheat), wheat bran, cellulose, xanthan gum, brown sugar, salt, and salt	3.5g1%	0g%	0mg0%	290mg13%	15g2%	3g11%	4g	7g	120	6	
<b>Marble Rye</b>	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, orange poppy seed, caramel coloring, and salt	0.5g1%	0g	0mg0%	300mg15%	27g9%	2g1%	5g	4g	130	5	
<b>Parmesan Sourdough</b>	Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	1g1%	0g	0mg0%	400mg20%	25g9%	1g1%	0g	4g	130	10	
<b>Peppercorn Bread</b>	Whole flour, water, corn sweetener, apricot, mozzarella cheese, minced peppers, yeast, garlic, corn, and salt											
<b>White Cheddar Garlic</b>	Enriched white flour, water, sourdough starter, yeast, cheddar cheese, onion, garlic, salt	2.5g2%	0g	10mg0%	200mg11%	21g8%	1g1%	3g	5g	130	25	
<b>White Chocolate Caramel Swirl Puffing™</b>	Enriched white flour, cinnamon chips*, eggs, butters, buttermilk, sugar, margarine, vanilla, cinnamon, caramel bits, white chocolate chips, water, powdered sugar, yeast, and salt	15g15%	7g2%	0g	0mg0%	300mg17%	57g21%	1g1%	30g	6g	300	150

Serving Size: 10g (1/2 oz). There are 10 servings in a 50g loaf. \*\*Nutrition Facts: 174 loaf (125g). Nutrients made in "Amount Percent Daily Values" are based on a 2000 calorie diet. Nutritional values for breads with fillings or toppings such as nuts, grains or cheese are approximate only. Cinnamon chips contain sugar, palm oil, cinnamon, nonfat dry milk, and soy lecithin. ALL BREADS MAY CONTAIN TRACES OF SOY.