

AUGUST 2024

	Ingredients	Fat	Trans + Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Cherry Walnut	Whole wheat flour, water, yeast, salt, honey, cherries, walnuts										
Cinnamon Raisin Walnut	Enriched white flour, water, raisins, 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, skim milk, dried cranberries, walnuts										
Extreme Cinnamon Chip	Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt	3g8%	0g	0mg0%	330mg15%	35g13%	1g0%	0g	4g	100	25
Extreme Cinnamon Swirl	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt	2g8%	0g	0mg0%	200mg12%	34g13%	1g0%	14g	3g	170	20
Gluten-Free Cinnamon Chip	Rice flour, aquafaba flour, corn starch, flax meal, xanthan gum, salt, yeast, water, rice milk, eggs, honey, butter, dillseed, orange, cinnamon chips*	6g9%	0g	35mg12%	75mg2%	25g8%	1g0%	0g	2g	150	50
Gluten-Free White	Rice flour, aquafaba flour, corn starch, flax meal, xanthan gum, salt, yeast, water, rice milk, eggs, honey, butter, dillseed, orange	4.5g7%	0g	35mg12%	80mg	24g8%	2g0%	5g	3g	140	40
Harvest White	Enriched white flour, water, yeast, corn sweetener, and salt	5g1%	0g	0mg0%	300mg15%	31g10%	1g0%	5g	4g	140	5
Honey Whole Wheat	Freshly milled wheat flour of the highest protein content mixed together with water, honey, yeast, and salt	8.5g1%	0g	0mg0%	320mg14%	25g8%	4g14%	6g	5g	130	5
Italian Sourdough	Enriched white flour, water, sourdough starter, yeast, and salt	1g1%	0g	0mg0%	400mg20%	25g9%	1g0%	0g	4g	120	10
Juiz's Rye	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, orange powder, and salt	8.5g1%	0g	0mg0%	390mg17%	30g11%	3g0%	6g	4g	140	5
Lo Carb 9 Grain	Freshly milled whole wheat flour, water, honey, whole grain, eggs, 3-grain mix (barley, buckwheat, corn, flax, millet, oats, red wheat), rye, white wheat, white flour, soft (on, oats, flax meal), yeast, salt, and salt	3.5g0%	0g*	0mg0%	290mg13%	15g5%	3g1%	4g	7g	120	6
Marble Rye	Whole wheat flour, enriched white flour, water, orange, corn sweetener, rye flour, canola oil, yeast, yeast, orange oil, coloring, and salt	8.5g1%	0g	0mg0%	350mg15%	27g9%	2g0%	5g	4g	130	5
Dragon Bread	Whole flour, water, corn sweetener, apricot, ricotta cheese, sea salt, red peppers, yeast, garlic, onion, and salt										
White Cheddar Garlic	Enriched white flour, water, corn sweetener, yeast, dried cheddar cheese, onion, garlic, salt	2.5g0%	0g	10mg0%	200mg11%	21g8%	1g0%	3g	5g	130	25

Serving Size: 56g (2 oz). There are 15 servings in a 300g loaf. **Serving Size: 1.14 loaf (125g). Harvested made in "Amount Heart 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, yeast, dry milk, and soy lecithin. All BREADS MAY CONTAIN TRACES OF SOY.