

SEPTEMBER 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, yeast, 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	3g1%	0g	0mg0%	330mg13%	25g13%	1g0%	9g	4g	180	25
Extreme Cinnamon Sait	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt	2g0%	0g	0mg0%	200mg13%	34g13%	1g0%	14g	3g	170	20
Gluten-Free Cinnamon Chip	Rice flour, tapioca flour, cornstarch, flax meal, sorbitan gum, salt, yeast, water, rice milk, eggs, honey, butter, dillseed, orange, cinnamon chips*	6g8%	0g	20mg12%	73mg2%	25g8%	1g0%	8g	2g	150	20
Gluten-Free White	Rice flour, tapioca flour, cornstarch, flax meal, sorbitan gum, salt, yeast, water, rice milk, eggs, honey, butter, dillseed, orange	4.5g7%	0g	25mg12%	80mg	24g8%	2g0%	7g	3g	140	40
Harvest White	Enriched white flour, water, yeast, corn sweetener, and salt	5g1%	0g	0mg0%	380mg16%	31g16%	1g0%	5g	4g	140	5
Honey Whole Wheat	Highly enriched whole wheat flour, high fructose corn syrup, instant egg whites, water, honey, yeast, and salt	5.5g1%	0g	0mg0%	320mg14%	25g9%	4g14%	6g	5g	130	5
Italian Sourdough	Enriched white flour, water, sourdough starter, yeast, and salt	1g1%	0g	0mg0%	460mg20%	25g9%	1g0%	6g	4g	130	10
Jo's Rye	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, cheddar powder, and salt	5.5g1%	0g	0mg0%	390mg17%	30g11%	3g0%	6g	4g	140	5
Lo Carb 9 Grain	Highly enriched whole wheat flour, water, honey, wheat gluten, eggs, 9-grain mix (barley, buckwheat, corn, flax, millet, oats, red wheat, rye, white wheat), wheat bran, molasses, rock flour, yeast, salt, and salt	3.5g1%	0g%	0mg0%	290mg13%	15g0%	3g1%	4g	7g	120	6
Marble Rye	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, caramel powder, yeast, caramel coloring, and salt	5.5g1%	0g	0mg0%	350mg15%	27g9%	2g0%	7g	4g	130	5
Panama Sourdough	Enriched white flour, water, sourdough starter, yeast, pear, cream cheese, and salt	1g1%	0g	0mg0%	460mg20%	25g9%	1g0%	6g	4g	130	10
Pizza Sait	Enriched white flour, water, yeast, corn sweetener, and salt, enriched with pizza sauce, mozzarella cheese, basil, oregano, and garlic	3g0%	0g	10mg0%	310mg13%	18g6%	1g0%	3g	6g	120	25
Dragon Bread	White flour, water, corn sweetener, apricot, mozzarella cheese, seasoned peppers, yeast, garlic, onion, and salt	2.5g0%	0g	10mg0%	260mg11%	21g8%	1g0%	3g	3g	130	25
White Cheddar Garlic	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g0%	0g	10mg0%	260mg11%	21g8%	1g0%	3g	3g	130	25

Serving Size: 1/2 loaf (2.0 oz). There are 10 servings in a 10 1/2 loaf. **Serving Size: 1/4 loaf (1.25 oz). Information made in "Amount Per Serving" are based on a 100% whole grain flour. For bread with fillings or toppings such as nuts, grains or cheese are approximate only. *Extreme chips contain sugar, pork oil, cinnamon, yeast, dry milk, and soy lecithin. All other ingredients are 100% whole grain flour. ©2024 The Bread Co.