

Nutrition Label

F24533 Cranberry Walnut Boule

Nutrition Facts	
Serving Size 56 g (2 oz)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 4g	
Vitamin A 0% • Vitamin C 2%	
Calcium 2% • Iron 8%	
* 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
Sat 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: Unbleached Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), Water, Walnuts, Cranberries, Whole Wheat Flour, Honey, Orange Peel, Roasted Walnut Oil, Salt, Rye Flour, Yeast

MAY CONTAIN EGGS, SOY AND/OR MILK

CONTAINS WHEAT