

Tribeca Oven, Inc.
Nutrition Label
F24521 & F34521 Harvest Grain Boule

Nutrition Facts

Serving Size 56 g (2 oz)
 Servings Per Container 4

Amount Per Serving

Calories 160 Calories from Fat 15

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 3g	

Protein 6g

Vitamin A 0% • Vitamin C 2%
 Calcium 2% • Iron 10%

* 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, Honey, Whole Wheat Flour, Enriched Semolina Flour (semolina flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sunflower Seeds, Sesame Seeds, Rye Flakes, Oats, Flax Seeds, Cracked Wheat, Salt, Yeast, Rye Flour

MAY CONTAIN TREE NUTS, EGGS, MILK AND/OR SOY
 CONTAINS: WHEAT