

Tribeca Oven, Inc.
Nutrition Label
F24550 & F34550 Seeded Jewish Rye

Nutrition Facts	
Serving Size 56 g (2 oz)	
Servings Per Container about 7	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 320mg	13 %
Total Carbohydrate 30g	10 %
Dietary Fiber 2g	9 %
Sugars 1g	
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, Rye Flour, Caraway Seeds, Enriched Semolina Flour (semolina flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Salt, Yeast

Made in a facility that also handles Tree Nuts, Eggs and Milk
 Contains: Wheat