

Tribeca Oven, Inc.
Nutrition Label
F24565 & F34565 Nine Grain Loaf

Nutrition Facts	
Serving Size 56 g (2 oz)	
Servings Per Container 10	
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	15%
Sugars 3g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
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, Whole Wheat Flour, Honey, Oats, Flax Seeds, Sunflower Seeds, Wheat Bran, Rye Flour, Quinoa, Soft White Wheat, Hard Red Winter Wheat, Spelt, Rye, Yellow Corn, Hulled Barley, Salt, Millet, Amaranth, Yeast

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