



Craft Breads



ORIGINAL MULTI GRAIN

Nutrition Facts

16 servings per container	
Serving size	(43g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 1mg	6%
Potassium 103mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, BROWN SUGAR, BROWN RICE, CORNMEAL, HONEY, VITAL WHEAT GLUTEN, YEAST, WHEAT BRAN, ROLLED OATS. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: BUTTERMILK, BLACK AND WHITE SESAME SEEDS, SALT, DISTILLED VINEGAR, CALCIUM SULFATE, OAT FIBER, POPPY SEEDS, CULTURED WHEAT FLOUR, NATURAL ENZYMES, ZINC OXIDE, CALCIUM PANTOTHENATE (VITAMIN B5), CYANOCOBALAMIN (VITAMIN B12), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), ASCORBIC ACID, SOY LECITHIN, SOY FLOUR AND SOY OIL.

CONTAINS: MILK, SOY, WHEAT, AND SESAME SEEDS. THIS PRODUCT WAS MADE IN A BAKERY THAT ALSO MAKES PRODUCTS CONTAINING PEANUTS, TREE NUTS, EGGS, AND MILK.

HEALTHY WHOLE GRAIN

Nutrition Facts

18 servings per container	
Serving size	(38g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 112mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, VITAL WHEAT GLUTEN, BROWN RICE, MALTED BARLEY, ROLLED OATS. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, WHOLE FLAX SEEDS, HONEY, OAT FIBER, SALT, CRACKED WHEAT, DISTILLED VINEGAR, ASCORBIC ACID, NATURAL ENZYMES, CULTURED WHEAT FLOUR, SOY OIL.

CONTAINS: WHEAT & SOY INGREDIENTS. THIS PRODUCT WAS MADE IN A BAKERY THAT ALSO MAKES PRODUCTS CONTAINING PEANUTS, TREE NUTS, EGGS, AND MILK.

SEEDS & GRAINS

Nutrition Facts

16 servings per container	
Serving size	(43g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 2mg	10%
Potassium 73mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, BROWN SUGAR, VITAL WHEAT GLUTEN, BROWN RICE, HONEY, YEAST. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORNMEAL, WHEAT BRAN, ROLLED OATS, OAT FIBER, CALCIUM SULFATE, BUTTERMILK, SALT, DISTILLED VINEGAR, BLACK & WHITE SESAME SEEDS, SORGHUM FLOUR, MILLET FLOUR, AMARANTH FLOUR, KAMUT® KHORASAN WHEAT, BUCKWHEAT FLOUR, BARLEY FLAKES, WHOLE SPELT, CRACKED WHEAT, WHEAT GERM, WHOLE FLAX SEEDS, WHOLE GROUND FLAX SEEDS, SUNFLOWER SEEDS, PUMPKIN SEEDS, POPPY SEEDS, ASCORBIC ACID, NATURAL ENZYMES, ZINC OXIDE, CALCIUM PANTOTHENATE (A B VITAMIN), FERROUS SULFATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), CULTURED WHEAT FLOUR, SOY OIL, SOY FLOUR.

CONTAINS: MILK, WHEAT, SOY, AND SESAME SEEDS. THIS PRODUCT WAS MADE IN A BAKERY THAT ALSO MAKES PRODUCTS CONTAINING PEANUTS, TREE NUTS, AND EGGS.

MULTI-GRAIN ENGLISH MUFFINS

Nutrition Facts

12 servings per container	
Serving size	(57g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 2mg	10%
Potassium 53mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BROWN SUGAR, BROWN RICE, HONEY, CORNMEAL, ROLLED OATS, VITAL WHEAT GLUTEN, WHEAT BRAN, YEAST, SALT, VINEGAR, NATURAL FLAVORS, AND CULTURED WHEAT FLOUR.

ALLERGENS: CONTAINS WHEAT.