

Seeded Multi-Grain Bread

| Nutrition Facts | |
|---|-----------------------------|
| about 12 servings per container | |
| Serving size | 1 oz (28g) |
| Amount per serving | |
| Calories | 80 |
| % Daily Value * | |
| Total Fat 3g | 4% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 90mg | 4% |
| Total Carbohydrate 11g | 4% |
| Dietary Fibers 1g | 3% |
| Total Sugars 2g | |
| Includes 2g Added Sugars | 3% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 20mg | 2% |
| Iron 0.3mg | 2% |
| Potassium 50mg | 0% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice. | |
| Calories per gram: | |
| Fat 9 | Carbohydrates 4 • Protein 4 |