

Anthony & Sons Bakery, Inc.
Nutrition Label Report
Half Russian Rye

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Nutrition Facts	
15 servings per container	
Serving size	1 1/2 oz (43g)
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Amount per serving	
Calories	90
Calories from Saturated Fat 0	
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	% Daily Value
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
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Protein 3g	
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Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.9mg	4%
Potassium 10mg	0%
Magnesium 0mg	0%

INGREDIENTS: Unbromated Unbleached Enriched Wheat, Flour(Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Salt, Ground Caraway Seed, Sugar, Acetic Acid, Lactic Acid, and 2% or Less of Each of the following: Ground Dill Seed, Natural Flavor, Black Caraway Seed, Shortening All Purpose Vegetable (Palm Oil), Yeast, Enzyme, Malted Wheat Flour, Enzymes, Ascorbic Acid, (Vitamin C), Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.
CONTAINS: WHEAT