

Anthony & Sons Bakery, Inc.  
Nutrition Label Report  
Half Pumpernickel

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<b>Nutrition Facts</b>	
15 servings per container	
<b>Serving size</b>	<b>1 1/2 oz (43g)</b>
Amount per serving	
<b>Calories</b>	<b>90</b>
Calories from Saturated Fat 0	
<b>% Daily Value</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Cholesterol 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 2.1mg	<b>10%</b>
Potassium 20mg	<b>0%</b>
Magnesium 0mg	<b>0%</b>

INGREDIENTS: Unbromated Unbleached Enriched Wheat, Flour(Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Rye Meal, Salt, Caramel Color, Spices, Sugar, Lactic Acid, Contains 2% or Less of: Soy Oil, Shortening All Purpose Vegetable (Palm Oil), Yeast, Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.

CONTAINS: WHEAT & SOY