

Anthony & Sons Bakery, Inc.  
Nutrition Label Report  
Country 7 Grain Bread

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<b>Nutrition Facts</b>	
14 servings per container	
<b>Serving size</b>	<b>2 slices (85g/3 oz)</b>
Amount per serving	
<b>Calories</b>	<b>210</b>
Calories from Saturated Fat 5	
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<b>% Daily Value</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 510mg	<b>22%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 1g Added Sugars	2%
<b>Protein</b> 7g	
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Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 60mg	2%
Magnesium 10mg	2%

INGREDIENTS: Unbromated Unbleached Enriched Wheat, Flour(Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Oat Groats, Flaxseed, Sunflower Seeds, Sugar, Wheat Bran, Rolled Oats, Millet, Sesame Seeds, Cracked Wheat, Dried Wheat Sour, Lactic Acid, Soybean oil, Salt, Yeast, Corn Flour, Malt Barley, Monocalcium Phosphate, L-Cysteine, Potassium Bromate, Caramel Color, Calcium Propionate(Preservative), Propionic Acid and Phosphoric Acid, Sodium Stearoyl Lactylate (SSL), Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.  
CONTAINS: WHEAT