

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

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Nutrition Facts	
14 servings per container	
Serving size	2 slices (85g/3 oz)
Amount per serving	
Calories	210
Calories from Saturated Fat 5	
% Daily Value	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 7g	
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 Phoshoric Acid, Sodium Stearoyl Lactylate (Ssl), Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.
CONTAINS: WHEAT