

Anthony & Sons Bakery, Inc.
Nutrition Label Report
#1 Pumpernickel

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Nutrition Facts	
18 servings per container	
Serving size	1 slice (28g/1 oz)
Amount per serving	
Calories	30
Calories from Saturated Fat 0	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.7mg	4%
Potassium 10mg	0%
Magnesium 0mg	0%

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