

Nutrition Facts (Prepared)

144 Servings Per Container

Serving Size **2 oz (57.0 g)**

Amount Per Serving

Calories **150**

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 340.0 mg	15%
Total Carbohydrate 30 g	11.0%
Dietary Fiber 2 g	7.0%
Sugar 2 g	
Added Sugar 0.0 g	0.0%
Protein 5 g	
Vitamin D 0.0 µg	0.0%
Potassium 0.0 mg	0.0%
Calcium 40.0 mg	2.0%
Iron 0.5 mg	4%
Vitamin A	0%
Vitamin C	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Ingredients: Rye Bread: Flour (wheat, Malted Barley), Water, Rye Flour, Rye Chops, Brown Sugar, Caraway Seed, Yeast, Wheat Gluten, Salt, Soybean Oil, Contains Less Than 2% Of Each Of The Following: Onions, Barley Malt Flour, Dextrose, Lactic Acid, Citric Acid, Natural Flavors, Enriched Flour (wheat, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enzymes, Ascorbic Acid, Calcium Propionate (preservative).pumpnickle Bread: Flour (wheat, Malted Barley), Water, Rye Flour, Sugar, Caramel Color (with Sulfites), Salt, Caraway Seeds, Soybean Oil, Wheat Gluten, Contains Less Than 2% Of Each Of The Following: Yeast, Guar Gum, Enriched Flour (wheat, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enzymes, Acetic Acid, Ascorbic Acid And Fumaric Acid, Calcium Propionate (preservative).contains: Wheat