

ibara's

BAKEHOUSE

Shockingly Delicious

Gluten Free

SEEDED BREAD

INGREDIENTS: purified water, organic brown rice flour, oat flour, eggs, tapioca flour, organic cane sugar, sorghum flour, organic sunflower seeds, organic raw pumpkin seeds, organic flax meal, unsulfured molasses, sea salt, yeast, xanthan gum, organic flax seeds, organic poppy seeds, organic sesame seeds, organic chia seeds (salvia hispanics L), olive oil.

Allergens: contains eggs.

Nutrition Facts

Serving Size: 1 piece (33g)

Servings Per Container: 23

Amount Per Serving

Calories 80 **Calories from Fat** 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 160mg **7%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

CERTIFIED
**GLUTEN
FREE**
GFCO.ORG

U
DE

**NON
GMO**

NO
P
PRESERVATIVES