

GREAT HARVEST BREAD NUTRITIONAL INFORMATION

8926 SE Sunnyside Rd, Clackamas, OR 97015

503-659-5392

BREADS	CALORIES	FAT	SAT. FAT	TRANS. FATS	FAT CALS.	CHOLEST.	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Apple Crumble	140	1.5g/2%	0.5g/3%	0g	10	5mg/2%	320mg/13%	30g/10%	1g/4%	10g	3g
Apricot Walnut	140	0.5g/1%	0g	0g	5	0mg	240mg/10%	32g/11%	1g/4%	10g	3g
Cinnamon Burst	160	3g/5%	0.5g/3%	0g	25	0mg	270mg/11%	30g/10%	1g/4%	8g	3g
Cinnamon Swirl	150	1g/2%	0g	0g	10	15mg/5%	230mg/10%	32g/11%	2g/8%	15g	3g
Cranberry Orange	150	2g/3%	1g/5%	0g	20	10mg/3%	210mg/9%	30g/10%	1g/4%	9g	3g
Dakota*	150	4g/6%	0.5g/3%	0g	35	0mg	280mg/11%	23g/8%	4g/15%	5g	6g
Dakota Low Carb	150	7g/11%	1g/5%	0g	60	10mg/3%	240mg/10%	17g/6%	4g/16%	4g	8g
Ezekiel*	130	0.5g/1%	0g	0g	5	0mg	320mg/13%	25g/8%	4g/16%	6g	5g
Garlic Tillamook Cheddar	150	3.5g/5%	2g/10%	0g	30	10mg/3%	310mg/13%	25g/8%	1g/3%	4g	5g
Harvest White	140	0g	0g	0g	5	0mg	310mg/13%	29g/10%	1g/4%	5g	4g
Hawaiian Sweet Bread	160	2g/3%	1g/5%	0g	20	10mg/3%	220mg/9%	31g/10%	1g/4%	8g	4g
High 5 Fiber*	140	3g/5%	0g	0g	25	0mg	240mg/10%	23g/8%	5g/20%	5g	5g
Honey Wheat Cinnamon Burst*	160	3g/5%	1g/4%	0g	30	0mg	300mg/13%	26g/9%	4g/14%	9g	4g
Honey Whole Wheat*	130	0.5g/1%	0g	0g	5	0mg	310mg/13%	25g/8%	4g/16%	6g	5g
Nine Grain*	120	0.5g/1%	0g	0g	5	0mg	330mg/14%	23g/8%	3g/11%	6g	4g
Sweet Wheat 'N' Oat*	140	0.5g/1%	0g	0g	5	0g	250mg/10%	27g/9%	4g/16%	7g	5g
Spinach Feta	120	1g/2%	0.5g/3%	0g	10	5mg/2%	370mg/15%	24g/8%	2g/8%	5g	4g
White Chocolate Cranberry Swirl	170	3.5g/5%	2g/10%	0g	35	15mg/5%	220mg/9%	30g/10%	1g/4%	11g	3g
Whole Grain Gusto*	140	1.5g/2%	0g	0g	15	0mg	290mg/12%	25g/8%	4g/16%	6g	5g

Serving size: 2 oz (56 g)

* Indicates 100% Freshly-Ground Whole-Wheat Breads.