

GREAT HARVEST BREAD NUTRITIONAL INFORMATION

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BREADS	CALORIES	FAT	SAT. FAT	TRANS. FATS	FAT CALS.	CHOLEST.	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Apple Cinnamon Burst	150	2.5g / 4%	0.5g / 3%	0g	20	0mg	260mg / 11%	29g / 10%	1g / 4%	8g	3g
Apricot Walnut	130	1.5g / 2%	0g	0g	10	0mg	140mg / 6%	25g / 8%	1g / 4%	5g	4g
Cinnamon Burst	150	1.5g / 2%	0.5g / 3%	0g	15	10mg / 3%	135mg / 6%	28g / 9%	1g / 4%	4g	5g
Cinnamon Swirl	150	1g / 2%	0g	0g	10	10mg / 3%	220mg / 9%	33g / 11%	2g / 8%	14g	4g
Cranberry High 5 Fiber *	130	2g / 3%	0g	0g	15	0mg	220mg / 9%	22g / 7%	5g / 20%	8g	5g
Cranberry Orange	150	2g / 3%	1g / 5%	0g	20	15mg / 5%	180mg / 8%	30g / 10%	1g / 4%	8g	4g
Dakota Whole Wheat *	150	3.5g / 6%	0g	0g	30	5mg / 2%	250mg / 10%	20g / 7%	4g / 16%	4g	6g
Ezekiel Whole Wheat *	130	0g	0g	0g	5	0mg	270mg / 11%	26g / 9%	4g / 16%	5g	6g
Garlic Tillamook Cheddar	150	3.5g / 5%	2g / 10%	0g	30	10mg / 3%	250mg / 10%	23g / 8%	1g / 3%	4g	5g
Harvest White	130	0g	0g	0g	5	0mg	320mg / 13%	28g / 9%	1g / 4%	2g	5g
Hawaiian Sweet Bread	150	2g / 3%	1g / 5%	0g	20	10mg / 3%	210mg / 9%	30g / 10%	1g / 4%	8g	4g
High 5 Fiber *	140	3g / 5%	0g	0g	25	0mg	230mg / 10%	23g / 8%	5g / 20%	5g	6g
Honey Whole Wheat *	120	0g	0g	0g	5	0mg	310mg / 13%	24g / 8%	4g / 16%	6g	5g
Jalapeño Jack Cornbread	150	5g / 8%	3g / 15%	0g	50	15mg / 5%	290mg / 12%	18g / 6%	2g / 8%	3g	6g
Pumpkin Swirl	140	1g / 2%	0.5g / 3%	0g	10	5mg / 2%	200mg / 8%	28g / 9%	2g / 8%	11g	3g
Raisin Cinnamon Swirl	160	1g / 2%	0g	0g	10	10mg / 3%	200mg / 8%	34g / 11%	2g / 8%	14g	4g
Red, White & Blueberry	160	3g / 5%	1.5g / 8%	0g	25	5mg / 2%	200mg / 8%	30g / 10%	1g / 4%	8g	4g
Spinach Feta	130	1.5g / 2%	0.5g / 3%	0g	10	0mg	340mg / 14%	21g / 7%	2g / 8%	4g	5g
Sweet Wheat 'N' Oat *	140	0g	0g	0g	5	0mg	230mg / 10%	27g / 9%	4g / 16%	6g	5g
White Choc. 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	270mg / 11%	25g / 8%	5g / 20%	5g	6g

Serving size: 2 oz (56 g)

* Indicates 100% Freshly-Ground Whole-Wheat Breads. We mill premium wheat right here in the bakery! Fresh, Tasty, & Healthy!