5153

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User ID: SICAM

Nutritional Label

71330-60353 CP 1
FS PUMPERNICKEL BREAD 16 OZ

Nutrition Facts

Serving Size 1 slice (28g)
Servings Per Container 16

Amount Per Serving	
Calories 70	Calories from Fat 5
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIOBFLAVIN (VITAMIN B2), FOLIC ACID), WATER, RYE FLOUR, DOUGH CONDITIONER (SALT, SPICES, SUGAR, ACETIC ACID, LACTIC ACID, NATURAL FLAVOR), RYE MEAL, CONTAIN 2% OR LESS OF: YEAST, GROUND CARAWAY SEEDS, CARAMEL COLOR, SOYBEAN OIL, MONOGLYCERIDES, DATEM, ASCORBIC ACID, L-CYSTEINE, POTASSIUM BROMATE, AZODICARBONAMIDE, SODIUM STEAROYL LACTYLATE, CALCIUM PROPIONATE (PRESERVATIVE).

1 LB (454g) / PC# 5153 / R7131