

Nutritional Label

71330-02473 FR 1
FREIHOFER SOFT RYE BREAD NO SEEDS 20 OZ

Nutrition Facts	
Serving Size 1 slice (30g)	
Servings Per Container 19	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1g	3%
Sugars less than 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%
Thiamin 10%	Riboflavin 6%
Niacin 6%	Folic Acid 8%
*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

ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2) FOLIC ACID), WATER, RYE FLOUR, YEAST, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, CORN FLOUR, SALT, SOYBEAN OIL, GROUND CARAWAY, MONOGLYCERIDES, SOUR BASE (LACTIC, ACETIC, MALIC ACIDS), CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, DATEM, FERROUS SULFATE, CALCIUM PHOSPHATE, SOY LECITHIN, CITRIC ACID, GRAIN VINEGAR, POTASSIUM IODATE.

1 LB 4 OZ (567g) / PC# 6473 / FRUS05-02473-10 / KOSHER: KOF K PARVE / R11-173