

# Pumpernickel (Large)

## Nutrition Facts

Serving Size: 2 slices  
(103g)  
Servings Per Container:  
About 7

**Calories** 280  
Calories from Fat 15

Amount/serving	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 470mg	<b>20%</b>

Vitamin A 0% • Vitamin C 10% • Calcium 4% • Iron 10%

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 58g	<b>19%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 2g	
<b>Protein</b> 10g	

\* 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

INGREDIENTS: WATER, PUMPERNICKEL MIX (WHEAT FLOUR, RYE FLAKES, RYE FLOUR, RYE SOUR, RYE MALT, ROLLED WHEAT FLAKES, SALT, CARAMEL COLOR, CORN GRITS, MALTED BARLEY FLOUR, SPICE, ASCORBIC ACID, ENZYMES), UNBLEACHED BREAD FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), INSTANT DRY YEAST

CONTAINS: WHEAT