

Rye (Large)

Nutrition Facts

Serving Size: 2 slices
(100g)
Servings Per Container:
About 7

Calories 270
Calories from Fat 15

Amount/serving	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Vitamin A 0% • Vitamin C 6% • Calcium 2% • Iron 15%	

Amount/serving	% Daily Value*
Total Carbohydrate 53g	18%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 9g	

* 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: UNBLEACHED BREAD FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RYE FLOUR, MOLASSES, SUNFLOWER OIL, PURIFIED SEA SALT, INSTANT DRY YEAST, CARAWAY SEED

CONTAINS: WHEAT