

City Bakery Whole Wheat Multi-Grain Loaf

Serving Size: 1 Slice (80g)

Servings Per Container:

Ingredients: Water, Gluten-Flour, Wheat Flour, Sunflower Seeds, Wheatberries, Flax, Oatmeal, Sesame Seeds, Poppy Seeds, Rye Chops, Brown Sugar, Molasses, Salt, Dry Yeast & Natural Enzymes.

Amount per serving	
Calories	210
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	% Daily Value
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Includes 3g Added Sugars	6%
Protein 8g	
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Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 2mg	10%
Potassium 119mg	2%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.