

Great Harvest Bread Co.® NUTRITION FACTS

Bread Type	Fat	Choles- terol	Sodium	Carb's	Fiber	Sugar	Protein	Calories	Calories from Fat
<i>Sprouted</i>	.5 gram	0 mg	260 mg/ 11%	25 g	4 g / 14%	5 g	5 g	130	0
<i>High 5 Fiber</i>	3.5 g / 5%	0 mg/0%	220 mg / 9%	21 g / 20%	5 g / 20 %	5 g	4 g	120	35
<i>French Baquette</i>	0 g / 0%	0 mg	230 mg	21 g / 7 %	1 g / 4 %	0 g	3 G	100	0
<i>Pumpkin Choc. Chip</i>	3 g	25	120	20	1	13	2g	150	70
<i>Dakota</i>	2.5g / 4%	0mg / 0%	230mg / 10%	22g / 7%	4g / 14%	5g	5g	130	25
<i>Sour Dough</i>	0 g / 0%	0 mg	230 mg / 10%	21 g / 7 %	1 g / 7%	0 g	3 g	100	0
<i>Honey Wheat</i>	0g / 0%	0mg / 0%	330mg / 15%	24g / 8%	3g / 12%	5g	4g	120	0
<i>Living Lite</i>	2g/3%	5mg/1.0%	130mg/6%	8g/3%	2g/7%	2g	4g	60	15
<i>Tuscan Herb</i>	0 / 0	0 / 0	240 mg / 10 %	21 g / 7%	3 g / 12	5 g / 12	3 g	100	0
Gluten Free	3.5 g	25 mg	90 mg	23 g	2 g	5 g	3 g	130	35
<i>Whole Grain Goodness</i>	3g / 4%	0mg / 0%	230mg / 10%	21g / 7%	4g / 14%	4g	4g	120	25
<i>Berry Christmas Swirl</i>	3.5 g/6%	20 mg	360 mg/15%	22 g/7%	1g/4%	10 g	3g	130	30
<i>Apple Scrapple</i>	3g	1.5mg	125 mg	25	2g	11g	3g	130	24
<i>Cinnamon Swirl</i>	0g / 0%	0g/0%	260g /11%	30g /10%	0g /2%	16g	2g	130	0
<i>Runner's High Bar</i>	22 g	0 mg	140 mg	64 g / 21%	8 g	37 g	14 g	480	200
<i>Scone</i>	15 g	70 mg	560 mg	56 g	2 g	27 g	8 g	390	30
<i>Low Fat Muffin</i>	4.5 g	0 mg	200 mg	36 g	4 g	25 g	3 g	180	40

Serving Size: 50g (1.75 oz). There are 20 servings in a 2.2 lb. (one kilogram) loaf. Notations made in "Amount Percent Daily Values" are based on a 2000 calorie diet. Nutritional values for breads with fillings or toppings such as nuts, grains or cheese are approximate only.

WHAT'S IN OUR BREAD

<i>Sprouted Grain</i>	<i>We Take barley, flax, sunflower, millet & wheat seeds and start sprouting them for 5 days . We add it to a whole grain dough (yeast, water, salt and honey.) When a seed sprouts a chemical change occurs and it germinates. The increased enzyme activity produces more vitamins (A, B-complex, C, calcium, potassium and iron) Carbohydrates are more easily digested..</i>
<i>High 5 Fiber</i>	<i>Whole grains , flax seed, millet, oat bran, wheat bran, sunflower seeds, honey, yeast and salt. Fiber!</i>
<i>French Baquette</i>	<i>Unbleached white flour, water, salt, yeast, malt and ascorbic acid.</i>
<i>Pumpkin Chocolate Tea cake</i>	<i>Lots and lots of pumpkin, white unbleached flour, baking soda, baking powder, salt, eggs , spices and canola oil</i>
<i>Dakota</i>	<i>Roasted pumpkin seeds, sunflower seeds and millet get mixed into our whole wheat dough to create our highest protein, highest fiber bread. It's so crunchy it's often referred to as "bird seed" bread .</i>
<i>Sour Dough</i>	<i>Sugar Free! Our sour dough starter came from San Francisco! This original also contains unbleached flour, water, ascorbic acid, and very small amount of yeast.</i>
<i>Honey Wheat</i>	<i>Fresh ground wheat flour of the highest protein content is mixed together with filtered water, honey, yeast, and salt for a nutty, wheat taste that made us famous. As our flagship bread, a hand designed, scratch made loaf of Honey Whole Wheat and one of our American Spoon fruit butters make the perfect hostess gift .</i>
<i>Living Lite</i>	<i>If you're counting carbs, then you'll be thrilled you found this bread. It's still made with our nutrient rich whole wheat flour, but we add eggs, tofu, wheat gluten, olive oil, oats and flax. It's the best tasting low carb bread out there.</i>
<i>Tuscan Herb</i>	<i>The tomato herb is an old Great Harvest—Duluth favorite made with a light wheat dough, bits of tomato and lots of savory herbs. Great with dinner, especially Italian. Our Italian Swirl is similar, but swirled around some mozzarella cheese and other goodies.</i>
<i>Gluten Free</i>	<i>Water, buttermilk, tapioca flour, honey, rice flour, eggs, buckwheat, flax meal, corn starch, butter, yeast, xanthum gum, salt and vinegar</i>
<i>Whole Grain Goodness</i>	<i>Attention whole grain lovers. This bread's for you. It contains sunflower seeds, flax seeds, millet, wheat bran, pecans and almonds. For those of you on the diet named after the beaches south of Miami, this bread is perfect for you.</i>
<i>Berry Christmas Swirl</i>	<i>We start with our light wheat dough, fill it with raspberries, blueberries and cranberries. We add some eggs to the dough to lighten up the bread and swirl it with cream cheese and cinnamon swirl filling. Irresistible!</i>
<i>Apple Scrapple</i>	<i>This delicious bread is made with fresh granny smith Apples, unsweetened applesauce, butter , dates, cinnamon, brown sugar and light wheat flour. It is topped with a cookie crumb topping that is out of this world. Try it as a snack or include as a slice of bread at breakfast.</i>
<i>Cinnamon Swirl</i>	<i>We swirl a delicious combination of brown sugar and cinnamon into our Farmhouse White dough. (also available in wheat)</i>
<i>Runner's High Bar</i>	<i>This will get through a work out. Made with honey, peanut butter, sesame seeds, flax seeds, oats, oat-bran, cinnamon, sunflower, millet, wheat germ, cranberry raisins and chocolate chips.</i>
<i>Scone</i>	<i>Delicious! Made from unbleached flour, buttermilk, brown sugar, real vanilla, cream cheese and lots of premium butter.</i>
<i>Low Fat Muffin</i>	<i>Whole Wheat, oat-bran, unsweetened applesauce, low fat yogurt egg whites, brown sugar, honey and fruit</i>