



74101-061721

Nutrition Facts

22 servings per container
Serving size 1 Slice (26g/0.9oz)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	

Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	

Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 11g	4%

Dietary Fiber 2g	3%
Total Sugars 2g	
Includes 2g Added Sugars	4%

Protein 3g

Vitamin D 0mg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 60mg	0%
Thiamin 0.14mg	10%
Riboflavin 0.04mg	2%
Niacin 0.8mg	6%
Folate 5mg DFE (0mcg folic acid)	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, MONOGLYCERIDES, ENZYMES, MONOCALCIUM PHOSPHATE, ASCORBIC ACID, SOY LECITHIN. TOPPED WITH WHEAT BRAN.

741-081321

202401-081117

Nutrition Facts

10 servings per container
Serving size 2 Slices (57g/2.0oz)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	

Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	

Cholesterol 0mg	0%
Sodium 160mg	8%
Total Carbohydrate 29g	10%

Dietary Fiber 2g	6%
Total Sugars 5g	
Includes 5g Added Sugars	9%

Protein 4g

Vitamin D 3.3mcg	15%
Calcium 360mg	30%
Iron 2.3mg	15%

Potassium 0mg	0%
Thiamin 0.3mg	30%
Riboflavin 0.2mg	20%
Niacin 2.2mg	15%
Folate 115mcg DFE (55mcg folic acid)	30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE WHEAT FLOUR, POT FLOUR, MALTED BARLEY FLOUR, WHEAT GLUTEN, BROWN SUGAR, YEAST, MONOCALCIUM PHOSPHATE, WHEAT FLOUR, WATER, WHEAT BRAN, RIBOFLAVIN, YEAST CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM CARBOXYLATE, SORBATE, YEAST GLUTEN, VITAMIN D3, SALT, SOY LECITHIN, LACTIC ACID, CALCIUM STEARATE, MONOGLYCERIDES, POTASSIUM ACETATE, POTASSIUM ACETATE, SALT, SODIUM IODATE, DATEM, AND DIGLYCERIDES. ENZYMES: AMYLASE, BREAD MOLD, CALCIUM MONOPHOSPHATE, YEAST EXTRACT, MODIFIED CORN STARCH, BEET SUCRALOSE, BUTYRIC ACID, CHOLECALCIFEROL, POTASSIUM SULFIDE, SOY FLOUR, AMMONIUM SULFIDE, CALCIUM SULFIDE, CALCIUM PROPIONATE (FOR FRESH STORAGE).

DISTRIBUTED BY:
FLOWERS BAKERIES, LLC
THOMASVILLE, GA 31757

*1/2 cup serving of whole bread contains 125mg of Calcium. 2% Daily Value (DV) of Calcium. 25mg of Calcium. Whole Grain white bread contributes 300mg of Calcium per 57g USDA Method. Call us for Standard Reference Nutrition 205.