

Roasted Seed Boule

Nutrition Facts

About 14 servings per container

Serving size 1 slice (45g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 18g 7%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.3mg 8%

Potassium 50mg 2%

Thiamin 0.1mg 10%

Phosphorus 50mg 4%

Magnesium 20mg 4%

Zinc 0.4mg 4%

* 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: WATER, ENRICHED UNBLEACHED FLOUR, WHOLE WHEAT FLOUR, SESAME SEEDS, POPPY SEEDS, SUNFLOWER SEEDS, PUMPKIN SEEDS, FLAXSEED, SEA SALT, BARLEY MALT

CONTAINS: WHEAT

CROOKED TREE BREADWORKS

2264 M119 STE#5

PETOSKEY, MI, 49770