
EG Multi-Grain

Number of Servings: 4261.29 (85.05 g per serving)

Weight: 430374.5 g (Yield: 362422.4 g)

Nutrition Facts

8 servings per container

Serving size 2 Slices (85g)

Amount per serving

Calories 260

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 350mg 15%

Total Carbohydrate 44g 16%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 5g Added Sugars 10%

Protein 9g

Vitamin D 0mcg 0%

Calcium 120mg 10%

Iron 3mg 15%

Potassium 153mg 4%

*The % Daily Value 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:

ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, FERROUS SULFATE, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, 12 GRAIN BREAD MIX (SUNFLOWER NUTMEAT, ROLLED WHEAT, WHOLE WHEAT FLOUR, BARLEY FLOUR, CORN GRITS, ROLLED OATS, RYE MEAL, SESAME SEEDS, WHEAT BRAN, TRITICALE FLAKES, FLAX SEED HULLED MILLET, RICE FLOUR, BUCKWHEAT FLOUR), BROWN SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING : YEAST, SOYBEAN OIL, MOLASSES, BLACK SESAME SEEDS, POPPY SEEDS, SALT, HONEY, RAISIN JUICE CONCENTRATE, WHITE DISTILLED VINEGAR, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE (SSL), ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SOY LECITHIN, MINERAL OIL, PRESERVATIVE (CALCIUM PROPIONATE).

Allergens:

Contains Soy, Wheat.

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Notes:

Ozark Hearth Multi Grain Bread 24 oz