

# GREAT HARVEST BREAD CO. NUTRITION FACTS

January 2016

Bread Type	Fat	Cholesterol	Sodium	Carb's	Fiber	Sugar	Protein	Calories	Calories from Fat
Apple Scrapple	3g	1.5mg	125 mg	25	2g	11g	3g	130	24
Bee Fit Blueberry	1.5g/2%	0g/0%	230/10%	24g/8%	3g/11%	9g	3g	110	10
Baguette / Country French	0 g / 0%	0 mg	230 mg	21g /7%	1g /4%	0 g	3 G	100	0
Breakfast Bar (1/2)	3.5g	15mg	160mg	28mg	3g	17g	4g	160	30
Challah	1 g / 1%	25 mg / 8%	210 mg /9%	22g /7%	0g /2%	5 g	3 g	110	10
Ciabatta	2g/3%	0mg	190mg/8%	23g/8%	1g	0g	3g	110	15
Cinnamon Swirl	0g / 0%	0g/0%	260g /11%	30g/10%	0g /2%	16g	2g	130	0
Dakota	2.5g/4%	0mg /0%	230mg / 10%	22g / 7%	4g /1 4%	5g	5g	130	25
Gluten Free	3.5 g	25 mg	90 mg	23 g	2 g	5 g	3 g	130	35
High 5 Fiber	3 g / 5%	0 mg /0%	210 mg/9 %	21g /7%	5g /19%	4 g	4 g	120	30
Honey Whole Wheat	0g / 0%	0mg / 0%	330mg / 15%	24g /8%	3g /12%	5g	4g	100	0
Living Lite	3.5g/6%	5mg/1.0%	130mg/5%	10g/3%	2g/8%	2g	5g	60-80	35
Living Lite Crunch	3.5g/6%	5mg/1.0%	130mg/5%	10g/3%	2g/8%	2g	5g	80	35
Low Fat Muffin	4.5 g	0 mg	200 mg	36 g	4 g	25 g	3 g	180	40
Morning Glory Bread	1.5 g/ 2%	0 g/ 0%	210 g / 9%	24g /8%	3g /11%	9 g	3 g	110	10
Pumpkin Choc. Chip	3 g	25	120	20	1	13	2g	150	70
Sourdough	0 g / 0%	0 mg	230 mg / 10%	21g / 7%	1g / 7%	0 g	3 g	100	0
Spelt (Organic)	0.5g /1.0%	0mg 0%	250mg / 10%	27g /9%	2g / 6%	5g	4g	110	5
Sprouted Grain	1g	0	220mg	22g	3g	4g	4g	110	10
Superfood Quinoa	1g	0	220mg	22g	3g	4g	4g	110	10

Bread	Ingredients	Whole Grain	Contains Dairy or Eggs	Contains Nuts
Apple Scrapple	Made with fresh Granny Smith apples, unsweetened applesauce, butter, dates, cinnamon, brown sugar and light wheat flour, then topped with a cookie crumb topping!		eggs	
Bee Fit Blueberry	Whole grain bread with pecans, sunflower seeds, dates, almonds, golden raisins.& blueberries. ( We use our Honey whole wheat 5 ingredients )	X		X
Baguette / Country French	Unbleached white flour, water, salt, malt and touch of yeast			
Breakfast Bar	Whole grain flour, oats, flax meal, baking sods, salt, cinnamon, craisins, pecans, apple sauce, brown sugar, eggs and vanilla extract.	X	Eggs	X
Challah	We use a traditional Jewish recipe made with unbleached white flour, whole egg, honey, water and yeast. This is the best French toast bread you'll find.		eggs	
Ciabatta	Enriched white flour, water, extra virgin olive oil, salt and yeast.			
Cinnamon Swirl	We swirl a delicious combination of brown sugar and cinnamon into our white dough. (Also available in wheat.)	depends on variety		
Dakota	Roasted pumpkin seeds, sunflower seeds, sesame seeds and millet get mixed into our whole wheat dough.	X		
Fruity Tootie	We swirl an amazing combination of berries and white chocolate into our White dough.		dairy & eggs	
Gluten Free	Water, buttermilk, tapioca flour, honey, rice flour, eggs, buckwheat, flax meal, corn starch, butter, yeast, xanthum gum, salt and vinegar		dairy & eggs	
High 5 Fiber	Whole wheat, honey, yeast, sunflower seeds, flax seeds, millet, oat bran, wheat bran	X		
Honey Whole Wheat	Fresh-ground wheat flour of the highest protein content is mixed together with filtered water, honey, yeast, and salt.	X		
Living Lite & Crunch	Made with our nutrient-rich whole wheat flour. We add eggs, tofu, wheat gluten, olive oil, oats and flax to make the best tasting low-carb bread out there. Crunch version has sunflower seeds, millet and pecans.	X	eggs	depends on variety
Low Fat Muffin	Whole Wheat, oat-bran, unsweetened applesauce, low fat yogurt, egg whites, brown sugar, honey and fruit	X	dairy & eggs	depends on variety
Morning Glory	Whole grain flour, carrots, flax seeds, coconut, cinnamon, honey, raisins, walnuts and a touch of vanilla	X		X
Pumpkin Chocolate Chip Teacake	Lots and lots of pumpkin, white unbleached flour, baking soda, baking powder, salt, eggs, spices and canola oil		eggs	
Sourdough	Sugar Free! Our sourdough starter came from San Francisco! This original also contains unbleached flour, water, ascorbic acid, and very small amount of yeast (also available as 'Roma').			depends on variety
Spelt (Organic)	This unique bread is made with an old-world grain that is quite high in protein and gives bread a full bodied flavor that is distinctly different than wheat. This WHEAT-FREE bread is a great choice for those with dietary restrictions that do not include any type of wheat or wheat derivative in their diet.	X		
Sprouted Grain	Flax, sunflower, millet, spelt, and wheat seeds sprouted for 5 days in advance. We add it to a whole-grain dough (yeast, water, salt and honey). When a seed sprouts a chemical change occurs and it germinates and produces more vitamins (A, B-complex, C, calcium, potassium and iron) and carbohydrates are more easily digested.	X		
Superfood Quinoa	Whole grain flour, water, honey, quinoa, yeast, oatbran, oilive oil, flax seeds, salt, eggs, hemp seeds.	X	Eggs	
Virginia Rolls	Freshly milled whole wheat dough, a touch of white flour, light amber honey, real butter, and a pinch of whole potato to make the fluffiest, melt-in-your mouth roll ever.		dairy	

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.