

GREAT HARVEST BREAD CO. NUTRITION FACTS

June 2017

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
Zucchini	3 g	15 mg	100 mg	23 g	2 g	13 g	3 g	130	30
Baguette / Country French	0 g / 0%	0 mg	230 mg	21g /7%	1g /4%	0 g	3 g	100	0
Everything Bread	1 g	0	330 mg	27 g	3 g	5 g	5g	130	10
Fruity Tootie	2.5	5.g	250	27 g	1g	14 g	3 g	140	25
Challah	1 g / 1%	25 mg / 8%	210 mg /9%	22g /7%	0g /2%	5 g	3 g	110	10
Spinach Feta	3 g	10 mg	410 mg	17g	1g	4g	4 g	110	25
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
Athlete's	1.5g	0	0	24g	3 g	9 g	3 g	110	10
Pumpkin Choc. Chip	3 g	25	120	20 g	1	13	2g	150	70
Hamburger Bun	8 g	40 mg	960 mg	68 g	2 g	10 g	9g	340	120
Focaccia (121 gram)	1 g	0 mg	580 mg	53 g	4 g	3g	8 g	320	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
Red, White Blueberry	0	5 mg	390 mg	32 g	1 g	9g	3g	150	0

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	
Zucchini Nut	Fresh zucchini, fresh ground whole grain flour, brown sugar, walnuts, applesauce, raisins canola oil, ground cinnamon, baking powder, eggs, vanilla extract, nutmeg salt.	X	X	X
Baguette / Country French	Unbleached white flour, water, salt, malt and touch of yeast			
Everything	Whole grain flour, yeast, water, salt, honey, buttermilk, caraway seeds, flax, sesame, sunflower, millet, poppy, onion, cornmeal, garlic, oats, black pepper		dairy	
Fruity Tootie	We use our Honey dough, add a cup of white chocolate and cup of fresh berries		Egg wash & milk solids	
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	
Spinach Feta	White flour, spinach, feta, oregano, black pepper, garlic, yeast, water, salt, honey.		Egg wash cheese	
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		
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
Athlete's	This bread isn't just for breakfast. Try as a sandwich bread choice. Whole grain, millet seeds, sunflower seeds, dates, almonds and golden raisins.			X
Pumpkin Chocolate Chip Teacake	Lots and lots of pumpkin, white unbleached flour, baking soda, baking powder, salt, eggs, spices and canola oil		eggs	
Hamburger buns	Whole grain & white flour, yeast, water, salt, honey, butter & potato flakes. Topped with sesame seeds.		Butter Egg wash	
Focaccia	Blended wheat & white flour, potato flakes, olive oil, yeast, honey, Salt. (Note: toppings will increase calories)			
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		
Red, White & blueberry	White flour, yeast, water, salt, honey, dried blueberries, cherries ,and cranberries			

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.