

**GREAT HARVEST BREAD CO. NUTRITION FACTS**  
**SERVING SIZE ON BOTTOM BASED ON 50 GRAM SLICE**

<i>Bread Type</i>	<i>Fat</i>	<i>Cholesterol</i>	<i>Sodium</i>	<i>Carb's</i>	<i>Fiber</i>	<i>Sugar</i>	<i>Protein</i>	<i>Calories</i>	<i>Calories from Fat</i>
<i>Apple Scrapple</i>	3g	1.5mg	125 mg	25	2g	11g	3g	130	24
<i>Hot Cross Buns</i>	4g	20 mg	135 mg	25	3.5	5g	4g	110	35
<i>Cinnamon Chip</i>	2.5 g	0	350 mg	31	1	10g	3	150	25
<i>Fruity Tootie</i>	2.5	5	250 mg	27	1	14	3	140	25
<i>Baguette / Country French</i>	0 g / 0%	0 mg	230 mg	21g /7%	1g /4%	0 g	3 G	100	0
<i>BrownieTea Cakes</i>	6 g	0 % / 0 %	140 mg / 6 %	25 g / 8 %	1 g / 4 %	17 g	2 g	160	60
<i>Challah</i>	1 g / 1%	25 mg / 8%	210 mg /9%	22g /7%	0g /2%	5 g	3 g	110	10
<i>Ciabatta</i>	2g/3%	0mg	190mg/8%	23g/8%	1g	0g	3g	110	15
<i>Cinnamon Swirl</i>	0g / 0%	0g/0%	260g /11%	30g/10%	0g /2%	16g	2g	130	0
<i>Dakota</i>	2.5g/4%	0mg /0%	230mg / 10%	22g / 7%	4g /1 4%	5g	5g	130	25
<i>Lemon Blue Teacake</i>	9	45 mg	60	21	1	11	2	180	80
<i>Gluten Free</i>	3.5 g	25 mg	90 mg	23 g	2 g	5 g	3 g	130	35
<i>High 5 Fiber</i>	3 g / 5%	0 mg /0%	210 mg/9 %	21g /7%	5g /19%	4 g	4 g	120	30
<i>Honey Whole Wheat</i>	0g / 0%	0mg / 0%	330mg / 15%	24g /8%	3g /12%	5g	4g	100	0
<i>Living Lite</i>	3.5g/6%	5mg/1.0%	130mg/5%	10g/3%	2g/8%	2g	5g	60-80	35
<i>Living Lite Crunch</i>	3.5g/6%	5mg/1.0%	130mg/5%	10g/3%	2g/8%	2g	5g	80	35
<i>Low Fat Muffin</i>	4.5 g	0 mg	200 mg	36 g	4 g	25 g	3 g	180	40
<i>Morning Glory Bread</i>	1.5 g/ 2%	0 g/ 0%	210 g / 9%	24g /8%	3g /11%	9 g	3 g	110	10
<i>Pumpkin Choc. Chip</i>	3 g	25	120	20	1	13	2g	150	70
<i>Sourdough</i>	0 g / 0%	0 mg	230 mg / 10%	21g / 7%	1g / 7%	0 g	3 g	100	0
<i>Raisin Walnut Sourdough</i>	3.5 g	0	220 mg	23 g	2g	3g	4g	140	30
<i>Spelt (Organic)</i>	0.5g /1.0%	0mg 0%	250mg / 10%	27g /9%	2g / 6%	5g	4g	110	5
<i>Sprouted Grain</i>	1g	0	220mg	22g	3g	4g	4g	110	10
<i>Irish Soda Bread</i>	.5	0	180 mg	24	2	9	3	110	5
<i>Guinness &amp; Gouda</i>	3	15	170	22	4	5	7	150	25

*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.*

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	
Hot Cross Bun				
Cinnamon Chip	Premium unbleached white flour, yeast, water, honey, salt and cinnamon chips ( no trans fat )			
Fruity Tootie	We use our Honey White dough add white chocolate & berries.		X	
Baguette / Country French	Unbleached white flour, water, salt, malt and touch of yeast			
BrownieTea cake	Made from unbleached white flour, chocolate chips, white sugar, canola oil, cocoa powder, vinegar, vanilla, baking soda. ( NO EGGS OR BUTTER,)			
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		
Lemon Blue Teacake	White flour, baking powder & soda, salt, blueberries eggs, milk, sour cream, vanilla, lemon, butter and sugar.		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
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
Raisin Walnut Sourdough	Wheat & organic rye flour, wild sourdough culture, raisin., roasted walnuts & cinnamon	X		
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		
Marbled Rye	Fresh milled organic rye flour, yeast, water, salt, honey, molasses, carob powder. ( two type of rye recipes twisted & baked)	X		
Irish Soda	A large biscuit shaped into a shamrock It is made with loads of buttermilk, currents, raisins, honey, baking powder, soda and salt.		X	