

GREAT HARVEST BREAD CO. NUTRITION FACTS

March 2019

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
Woodstock	3.5g/5%	0	250 mg/10%	22g	4g	5g	4g	130	30
Baguette / Country French	0 g / 0%	0 mg	230 mg	21g /7%	1g /4%	0 g	3 G	100	0
Irish soda Bread	.5	0g	180 mg	24g	2 g / 7%	9 g	3 g	110	5
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
Guinness & Gouda	3 g	15 mg	170 mg	22g	4g	5g	7 g	150	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
Cinnamon Raisin Walnut	2 g		33mg	27 g	4 g	27 g	5 g	150	20
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
Marbled Rye	1 g	0	325mg	25 g	5 g	3 g	5 g	130	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	
Woodstock	100 % fresh milled flour, yeast, water, salt, honey, roasted pecans, walnuts, sunflower and flax seeds.	X		X
Baguette / Country French	Unbleached white flour, water, salt, malt and touch of yeast			
Irish soda bread	Truly traditional. This is like a large biscuit shaped into a shamrock . It's made from a blend of wheat and white. It is also includes buttermilk, currents, raisin, honey, baking powder and soda.		Milk & eggs	
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	
Guinness & Gouda	100 % whole grain, smoke gouda cheese, stout beer, yeast, honey and salt. NO water.	X	X	
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
Cinnamon Raisin Walnut	Wheat flour, yeast, water, salt, honey, roasted walnut, cinnamon, egg wash			
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		
Marbled Rye (organic rye)	We start with milling organic rye flour, add whole grain flour, yeast, water, salt, honey, molasses, carob powder and molasses. (Two rye recipes twisted and baked)	x		

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.