

**GREAT HARVEST BREAD CO. NUTRITION FACTS**

2016

<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>Boo Berry Swirl</i>	2.5 g	5 mg	250 mg	27g	1g	14 g	3g	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>Challah</i>	1 g / 1%	25 mg / 8%	210 mg /9%	22g /7%	0g /2%	5 g	3 g	110	10
<i>Cinnamon Swirl</i>	0g / 0%	0g/0%	260g /11%	30g/10%	0g /2%	16g	2g	130	0
<i>Pumpkin Swirl</i>	1.5 g	0	180	27g	3g	10g	3g	130	15
<i>Dakota</i>	2.5g/4%	0mg /0%	230mg / 10%	22g / 7%	4g /1 4%	5g	5g	130	25
<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%	8g/3%	2g/8%	2g	5g	50-60	15
<i>Living Lite Crunch</i>	3.5g/6%	5mg/1.0%	130mg/5%	10g/3%	2g/8%	2g	5g	80	35
<b>Low Fat Muffin</b>	<b>4.5 g</b>	<b>0 mg</b>	<b>200 mg</b>	<b>36 g</b>	<b>4 g</b>	<b>25 g</b>	<b>3 g</b>	<b>180</b>	<b>40</b>
<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>Ghostly Chocolate Teacake</i>	6g	0	140	25	1g / 4 %	17g	2g	160	60
<i>Spinach Feta</i>	3g	10 mg	410 mg	17 g	1 g	4 g	4 g	110	25
<i>Cranberry Orange</i>	1g	0	240 mg	25 g	4 g	10	3	110	10
<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

Bread	Ingredients	Whole Grain	Contains Dairy or Eggs	Contains Nuts
Apple Scrapple	Made with fresh Granny Smith apples, unsweetened applesauce, butter, dates, eggs, cinnamon, brown sugar and light wheat flour, then topped with a cookie crumb topping!		X	
Boo Berry Swirl	This bread is treat. Our Honey White dough with a cup of premium white chocolate and fruit. Egg washed and topped with crystal sugar.		Egg wash	
Baguette / Country French	Unbleached white flour, water, salt, malt and touch of yeast			
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	
Cinnamon Swirl	We swirl a delicious combination of brown sugar and cinnamon into our white dough. (Also available in wheat.)	depends on variety		
Pumpkin Swirl	A Great Harvest Fall classic. A dough made from pumpkin, whole grain flour, yeast, water, honey, salt. We add pumpkin spices & brown sugar. Roasted pecans in some.	x	x	X Pecan Swirl
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 ( <b>High fiber with Berries has dried blueberries &amp; cranberries</b> )	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	<b>Whole Wheat, oat-bran, unsweetened applesauce, low fat yogurt, egg whites, brown sugar, honey and fruit</b>	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
Ghostly Chocolate Teacake	White flour, chocolate chips. White sugar, canol oil, cocoa powder, vinegar, vanilla, baking soda, salt. We add swirl marshmallows.			
Spina Feta	White flour, yeast, water, salt honey, Feta , Spinach, garlic and pepper		Egg Cheese	
Cranberry Orange	Loaded with cranberries, fresh ground whole oranges, whole grain flour, yeast, water salt and honey.	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		

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.