

Great Harvest Bread Co.® **NUTRITION FACTS**

Bread Type	Fat	Cholesterol	Sodium	Carb's	Fiber	Sugar	Protein	Calories	Calories from Fat
Living Lite	2g/3%	5mg/1.0%	130mg/6%	8g/3%	2g/7%	2g	4g	60	15
Living Lite Crunch	3.5g/6%	5mg/1.0%	130mg/5%	10g/3%	2g/8%	2g	5g	80	35
Sour Dough	0 g / 0%	0 mg	230 mg / 10%	21 g / 7 %	1 g / 7%	0 g	3 g	100	0
Challah	1g/1%	25 mg/ 8%	210 mg/ 9%	22 g / 7 %	0g / 2%	5g	3 g	110	10
French Baquette	0 g / 0%	0 mg	230 mg	21 g / 7 %	1 g / 4 %	0 g	3 g	100	0
Dakota	2.5g / 4%	0mg / 0%	230mg / 10%	22g / 7%	4g / 14%	5g	5g	130	25
Honey Wheat	0g / 0%	0mg / 0%	290mg / 15%	23g / 8%	3g / 12%	5g	4g	100	0
Sprouted Grain	1g	0	220 mg	22g	3 g	4 g	4 g	110	10
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 %	21 g / 7 %	5 g / 19 %	4 g	4 g	120	30
Apple Scrapple	3g	1.5mg	125 mg	25	2g	11g	3g	130	24
Athlete' s Bread	1.5 g/ 2%	0 g/ 0%	0 g/ 0%	24 g / 8%	3 g / 11%	9 g	3 g	110	10
White Chocolate Berry Blast Explosion	2.5 g/4%	5.0 mg / 1%	250 mg / 10%	27 g / 9 %	1.0 g / 2%	14 g	3.0 g	140	25
Runners High Bar 1 bar	22 g	0	140 mg / 6%	64 g/21%	8 g	37 g	14 g	480	200
Lowfat Fruit Muffin	4.5g/7%	0mg/0%	200mg/8%	36 g/12%	4g	25 g	3 g	180	40
Scone	15	9	560	56	2	27	8	390	140

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.



WHAT'S IN OUR BREAD



BREAD	INGREDIENTS
<i>Living Lite</i> <i>Living Lite Crunch</i>	<i>If you're counting carbs, then you'll be thrilled you found this bread. It's still made with our nutrient rich whole wheat flour, but we add eggs, tofu, wheat gluten, olive oil, oats and flax. It's the best tasting low carb bread out there. Living Lite Crunch includes pecans and walnuts .</i>
<i>Sour Dough</i>	<i>Sugar Free! Our sour dough starter came from San Francisco! This original also contains unbleached flour, water, ascorbic acid, and very small amount of yeast.</i>
<i>Challah</i>	<i>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.</i>
<i>French Baguette</i>	<i>Unbleached white flour, water, salt, yeast, malt .</i>
<i>Dakota</i>	<i>Roasted pumpkin seeds, sunflower, sesame and millet seeds get mixed into our whole wheat dough to create our highest protein, highest fiber bread. It's so crunchy it's often referred to as "bird seed" bread but once you taste it you'll know it's not for the birds.</i>
<i>Honey Wheat</i>	<i>Fresh ground wheat flour of the highest protein content is mixed together with filtered water, honey, yeast, and salt for a nutty, wheat taste that made us famous. As our flagship bread, a hand designed, scratch made loaf of Honey Whole Wheat and one of our Great harvest fruit spread make the perfect hostess gift .</i>
<i>Sprouted Grain</i>	<i>We Take Flax seeds, sunflower seeds, millet seeds, barley seeds, wheat seeds and start sprouting these seeds 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. The increased enzyme activity produces more vitamins (A, B-complex, C, calcium, potassium and iron) Carbohydrates are more easily digested..</i>
<i>Gluten Free</i>	<i>Water, buttermilk, tapioca flour, honey, rice flour, eggs, buckwheat, flax meal, corn starch, butter, yeast, xanthum gum, salt and vinegar</i>
<i>High 5 Fiber</i>	<i>Whole wheat, honey, yeast sunflower seeds, flax seeds, millet, oat bran, wheat bran. 5 gram fiber in 50 g slice . Get as much "natural fiber " in a slice as possible.</i>
<i>Apple Scrapple</i>	<i>This delicious bread is made with fresh granny smith Apples, unsweetened applesauce, butter , dates, cinnamon, brown sugar and light wheat flour. It is topped with a cookie crumb topping that is out of this world. Try it as a snack or include as a slice of bread at breakfast.</i>
<i>Athlete's Bread</i>	<i>This the whole grain bread is great any time of day. It's filled with millet seeds, sunflower seeds, dates, almonds and golden raisins.</i>
<i>White Chocolate Berry Blast Fruit Explosion</i>	<i>This bread is the treat. It's made with a white dough that is swirled around a brown sugar filling, then stuffed with white chocolate and variety of finely diced fresh fruit.</i>
<i>Low Fat Fruit Muffin</i>	<i>Whole wheat, oat-bran, unsweetened applesauce, low fat yogurt egg whites, brown sugar , honey and fruit.</i>
<i>Runner's High Bar</i>	<i>This will get you through that workout. These energy bars have honey, peanut butter, sesame seeds, flax seeds, oats, oat bran, cinnamon, sunflower, millet, wheat germ, cranberry raisins and chocolate chips.</i>