

# Great Harvest Bread Co.® NUTRITION FACTS

Bread Type	Fat	Cholesterol	Sodium	Carb's	Fiber	Sugar	Protein	Calories	Calories from Fat
Gluten Free	3.5 g	25 mg	90 mg	23 g	2 g	5 g	3 g	130	35
Whole Grain Goodness	2.5 g	0 mg	240 mg	24 g / 8 %	4 g / 16 %	4 g	4 g	130	25
Sprouted Grain	1g	0	220 mg	22g	3 g	4 g	4 g	110	10
Cranberry Orange	1 g	0	240 mg	25 g	4 g	10	3	110	10
Challah	1g/1%	25 mg/ 8%	210 mg/ 9%	22 g / 7%	0g / 2%	5g	3 g	110	10
Virginia Rolls	8 g /12%	25 mg / 8%	560 mg/ 23%	30 g / 10%	3 g / 14%	8g	5g	200	70
Dakota	2.5g / 4%	0mg / 0%	230mg / 10%	22g / 7%	4g /14%	5g	5g	130	25
Pumpkin Swirl	1.5g/3%	5.0mg / 1%	200mg /8%	24g /8%	3g /5%	11g	3g	120	15
Honey Wheat	0g / 0%	0mg / 0%	330mg / 15%	24g / 8%	3g / 12%	5g	4g	100	0
Stuffing Bread	0g / 0%	0 mg/0%	220 mg	18 g/ 6%	2 g/9%	4g	3g	80	
Sour Dough	0 g / 0%	0 mg	230 mg / 10%	21 g / 7 %	1 g / 7%	0 g	3 g	100	0
Living Lite Carb	2g/3%	5mg/1.0%	130mg/6%	8g/3%	2g/7%	2g	4g	60	15
Apple Scrapple	3g	1.5mg	125 mg	25	2g	11g	3g	130	24
Cinnamon Swirl	0g / 0%	0g/0%	260g /11%	30g /10%	0g /2%	16g	2g	130	0
High 5 Fiber	3 g / 5%	0 mg / 0%	210 mg / 9 %	21 g / 7 %	5 g / 19 %	4 g	4 g	120	30

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.