

**Nutrition Facts**

15 Servings Per Container

**Serving Size 1 Slice**  
**(45g/1.59oz) (45g)**

Amount Per Serving

**Calories 100**

% Daily Value\*

**Total Fat** 3.0g **4%**Saturated Fat 0g **0%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 170mg **7%****Total Carbohydrate** 17g **6%**Dietary Fiber 3g **11%**

Total Sugars 2g

**Protein** 4gVitamin D 0mcg **0%**Calcium 31mg **2%**Iron 1mg **6%**Potassium 105mg **2%**\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, NATURAL STARTER ((UNBLEACHED UNBROMATED FLOUR, WATER, ENZYMES)), SESAME SEED, SUNFLOWER SEEDS, FLAX SEED, UNBLEACHED UNBROMATED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (REDUCED IRON), THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID.), HONEY. CONTAINS 2% OR LESS OF THE FOLLOWING: SEA SALT, YEAST, MALT DRY**CONTAINS: WHEAT****HUDSON****BREAD****NATURALLY COLD PROOFED**