

Anthony & Sons Bakery, Inc.
 Nutrition Label Report
 # 3 Pumpernickel

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Nutrition Facts	
30 servings per container	
Serving size	1 slice (43g/1.5 oz)
Amount per serving	
Calories	90
Calories from Saturated Fat 0	
% Daily Value	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2.1mg	10%
Potassium 20mg	0%
Magnesium 0mg	0%

INGREDIENTS: Unbromated Unbleached Enriched ,Wheat, Flour(Niacin,Iron,Thiamine Mononitrate,Riboflavin,Folic Acid), Water, Rye Flour, Rye Meal, Salt, Caramel Color, Spices, Sugar, Lactic Acid, Contains 2% or Less of: Soy Oil, Shortening All Purpose Vegetable (Palm Oil), Yeast, Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.
 CONTAINS: WHEAT & SOY