

# Metropolitan Baking Co.



## 1410 – Caraway Rye Bread 20oz

Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, White Rye Flour, Wheat Gluten, Yeast, Caraway Seeds, Soybean Oil, Rye Sour (Rye Flour, Yellow Corn Flour, Naturally Fermented Lactic Acid, Sodium Silico Aluminate, Corn Starch, Acetic Acid, Citric Acid, Monocalcium Phosphate, Salt, Yeast), Salt, High Fructose Corn Syrup, Black Molasses, Sodium Stearoyl Lactylate, Ethoxylated Mono and Diglycerides and 2% or less of each of the Following: Antioxydants (Tocopherols), White Distilled Vinegar, Calcium Propionate, Furmaric Acid, Artificial Flavor, Potassium Iodate, Caraway Ground, Sorbic Acid, Preservatives (Propionic Acid, Phosphoric Acid), , Microcrystalline Cellulose, Enzymes, Wheat Flour, Tricalcium Phosphate, Ascorbic Acid, Polyethylene Glycol.

Contains: WHEAT, SOY.

<b>Nutrition Facts</b>	
15 servings per container	
<b>Serving size</b>	<b>1 slice 1.3 oz (37g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 41mg	0%
<small>*The % Daily Value 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.</small>	