

Baker Boy Black Rye Bread Dough (PLU # 10042)

Product Name: 10042 Black Rye Bread, Baked

Bread Equivalency Servings: 1.5

Label Information

Serving Size: 1/10th Loaf (1.7 oz/48g)

Servings per Loaf = 10

| | Amount/Serving | % DV* |
|---------------------|-----------------------|--------------|
| Calories | 120 kCal | |
| Calories from Fat | 15 kCal | |
| Total Fat | 1.5 g | 2% |
| Saturated Fat | 0 g | 0% |
| Cholesterol | 0 g | 0% |
| Sodium | 200 mg | 8% |
| Total Carbohydrates | 21 g | 7% |
| Dietary Fiber | 2 g | 8% |
| Sugars | 2 g | |
| Protein | 5 g | |
| % Vitamin A | | 0% |
| % Vitamin C | | 0% |
| % Calcium | | 0% |
| % Iron | | 8% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------------|--------------|--------------|
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300mg |
| Sodium | Less Than | 2,400 mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Ingredient Legend:

INGREDIENTS: Enriched Bleached Flour (Bleached Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dark Rye Flour, Vital Wheat Gluten, Yeast, High Fructose Corn Syrup, Contains 2% or less of: Corn Starch, Soybean Oil, Salt, Caramel Color, Nonfat Dry Milk (Milk Protein Concentrate, Lactose), Dill Seed, DATEM, Mono & Diglycerides, Caraway Seeds, Lactic Acid, Dextrose, Polyorbate 60 w/BHT, Sodium Diacitrate, Ascorbic Acid, Citric Acid, Fungal Amylase.

The nutritional information shown above is for a finished product made using the products shown above, following the label directions printed on the dough product case. Variations in shop conditions, as well as use of any other fillings, toppings or preparation procedures, may affect the nutritional profile of the finished product. Therefore, Baker Boy Bake Shop, Inc. cannot guarantee, nor shall it be liable for, the accuracy of this information. You may wish to confirm the nutritional analysis with an accredited laboratory. Prepared 8/8/2001 12:17:05 PM