



Code: 221

# Multi Grain Bread

## Nutrition Facts

16 servings per container

**Serving size** 1 Slice (31g)

**Amount Per Serving**

**Calories** 110

% Daily Value\*

<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 46mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 47mg	<b>1%</b>

\* 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:** ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, IRON (FERROUS SULFATE), NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE WHEAT FLOUR, SUGAR, SALT, LIQUID BROWN SUGAR, SUNFLOWER SEEDS, RYE MEAL, SOYBEAN OIL, YEAST, VITAL WHEAT GLUTEN, OAT GROATS, MILLET, FLAXSEED, OATMEAL, BARLEY FLAKES, YELLOW CORN MEAL, SODIUM SEAROYL LACTYLATE, SESAME SEEDS, CALCIUM STEAROYL LACTYLATE, CALCIUM PROPIONATE, CRACKED WHEAT, MOLASSES, LACTIC ACID, DIACETYL TARTARIC ACID ESTERS OF MONO-DIGLYCERIDES (DATEM), CALCIUM SULFATE, MALT, SEA SALT, AMMONIUM SULFATE, CORN STARCH, GUAR GUM, NATURAL FLAVOR, FUMARIC ACID, MONO- AND DIGLYCERIDES, ASCORBIC ACID, MONO CALCIUM PHOSPHATE, POTASSIUM IODATE, CALCIUM PEROXIDE, WHEY, ENZYMES, CARAMEL COLOR.

**ALLERGEN ALERT: WHEAT, SOY AND MILK.**

**BAKED & DISTRIBUTED BY:**  
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**INFORMATION:** The information listed above has been compiled from publications of the USDA and from data provided by Ingredient Vendor Suppliers.