



# GREAT HARVEST BREAD CO.

## WHOLE GRAIN BREAD NUTRITION FACTS

Baked from scratch breads made with our premium fresh ground (on site!) 100% whole grain flour.

WHOLE GRAIN BREAD	CALORIES	FAT	CARBS	FIBER	SUGAR	SODIUM	PROTEIN	CHOLESTEROL	ALLERGENS
Apricot Almond	130	1.5g	27g	4g	9g	310mg	4g	0mg	WHEAT, ALMOND
Carrot Poppysaad	110	1g	24g	3g	5g	290mg	4g	0mg	WHEAT
Cherry Apple Barry	130	0.5g	29g	4g	8g	280mg	4g	0mg	WHEAT
Cherry Walnut	140	2g	28g	3g	11g	270mg	4g	0mg	WHEAT, WALNUT
Dakota	150	4.5g	22g	4g	6g	290mg	6g	0mg	WHEAT
Flax Oatbran	130	4g	23g	4g	6g	320mg	4g	0mg	WHEAT, PECAN
High 5 Fiber	140	4g	25g	5g	5g	230mg	5g	0mg	WHEAT
Honey Roasted Sunflower	130	2.5g	26g	4g	6g	300mg	4g	0mg	WHEAT
Honey Whole Wheat	120	0g	24g	3g	7g	350mg	5g	0mg	WHEAT
Mila High Mix	140	2.5g	26g	3g	10g	270mg	4g	10mg	WHEAT, PECANS
Nina Grain	120	0.5g	23g	4g	6g	320mg	5g	0mg	WHEAT
Oatmeal Poppysaad	130	1g	26g	4g	6g	310mg	4g	0mg	WHEAT
Raisin Cinnamon Chip	150	2.5g	30g	3g	12g	240mg	4g	0mg	WHEAT, MILK, SOY
Roasted Red Pappas Swiss	120	2g	19g	3g	4g	250mg	6g	5mg	WHEAT, MILK
Star Spangled Swirl	150	1.5g	32g	4g	14g	240mg	3g	0mg	WHEAT, MILK
Tuscan Herb	120	1g	22g	4g	5g	280mg	5g	0mg	WHEAT, MILK
Whole Grain Sourdough	140	4.5g	19g	5g	0g	240mg	6g	0mg	WHEAT

All nutrition facts are based on a one slice (approx. 56g) serving size.



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## WHITE OR BLENDED FLOUR BREADS

### NUTRITION FACTS

BREAD	CALORIES	FAT	CARBS	FIBER	SUGAR	SODIUM	PROTEIN	CHOLESTEROL	ALLERGENS
Ambrosia	160	3.5g	28g	2g	9g	210mg	4g	0mg	WHEAT, ALMOND, COCONUT, MILK
Apple Scruppa	140	2g	28g	2g	10g	290mg	3g	10mg	WHEAT, MILK, EGG
Artichoke Parmesan	120	2.5g	20g	1g	4g	500mg	6g	20g	WHEAT, MILK
Challah	130	1g	26g	2g	5g	270mg	5g	15mg	WHEAT, EGG
Cheddar Garlic	150	4.5g	21g	1g	4g	410mg	6g	15mg	WHEAT, MILK
Cinnamon Chip White	150	3g	28g	1g	11g	370mg	3g	0mg	WHEAT, MILK, SOY
Cinnamon Pecan Swirl	180	2g	39g	2g	29g	100mg	3g	5mg	WHEAT, PECAN, EGG
Cinnamon Swirl	170	0g	41g	2g	30g	105mg	2g	5mg	WHEAT, EGG
Cranberry Orange	130	0g	27g	2g	10g	300mg	3g	27g	WHEAT
Jalapeno Cheddar	150	4.5g	21g	1g	4g	410mg	6g	15mg	WHEAT, MILK
Jalapeno Cornbread	110	3.5g	17g	1g	3g	300mg	3g	40mg	WHEAT, MILK, EGG
Old Fashioned	130	0g	27g	1g	5g	440mg	3g	0mg	WHEAT
Potato Chive	120	1.5g	24g	1g	4g	370mg	3g	5mg	WHEAT
Pumpkin Swirl	140	2g	28g	2g	12g	210mg	3g	5mg	WHEAT, MILK
Red, White, Blueberry	140	0g	30g	2g	9g	390mg	3g	0mg	WHEAT
Spinach Feta	120	3.5g	18g	2g	5g	420mg	5g	15mg	WHEAT, MILK
Vary Berry Swirl	160	5g	25g	1g	10g	370mg	3g	30mg	WHEAT, MILK, SOY
Glutenless Sunflower Millet	130	4.5g	22g	2g	5g	75mg	3g	20mg	MILK, EGG
Glutenless Cinnamon Chip	160	6g	26g	2g	9g	95mg	3g	25mg	MILK, SOY, EGG

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