



STONE GROUND BAKERY, INC.
DARK FULL GRAIN

Nutrition Facts			
Serving Size:		1.6 ounce (46g)	
Amount per Serving			
Calories:	120	Calories from fat:	15
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	22g		7%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	4g		
Vitamin A	0%	Vitamin C	8%
Calcium	4%	Iron	8%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Carbohydrates	4	Fat	9
		Protein	4

INGREDIENTS: Unbleached Flour, Squaw Flour (whole wheat flour, wheat bran, brown sugar, shortening(palm oil), Millet, Sunflower Seed, Oats, dry whey, salt, corn flour, soy grits, cracked wheat flour, rye flour, flaxseed meal, wheat gluten, sodium stearoyl lactylate, diacetyl tartaric acid of mono-diglycerides, asorbic acid, nonfat dry milk), Yeast, Salt, Yeast Food (calcium sulfate, salt, corn starch, ammonium sulfate, potassium bromate), Sugar, Shortening (sodium stearoyl lactylate, diacetyl tartaric acid of mono-diglycerides, asorbic acid, nonfat dry milk), Yeast, Salt, Yeast Food (calcium sulfate, salt, corn starch, ammonium sulfate, potassium bromate), Sugar, Shortening