



**STONE GROUND BAKERY, INC.**  
**GERMAN RYE**

<b>Nutrition Facts</b>			
Serving Size: 1 slice 49g			
Amount per Serving			
Calories: 130		Calories from fat: 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	320mg		13%
Total Carbohydrate	26g		9%
Dietary Fiber	2g		7%
Sugars	0g		
Protein	4g		
Vitamin A	0%	Vitamin C	2%
Calcium	2%	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 Wheat Flour, Dark Rye Flour, White Rye Flour, Yeast, Salt, Caraway Seeds  
Yeast Food(calcium sulfate, salt, starch, ammonium sulfate, ascorbic acid, azodicarbonamide)