



**STONE GROUND BAKERY, INC.  
GERMAN PUMPERNICKEL BREAD**

<b>Nutrition Facts</b>			
Serving Size:		1.2 ounce (34g)	
Amount per Serving			
Calories:	80	Calories from	10
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	16g		5%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	2g		
Vitamin A	0%	Vitamin C	4%
Calcium	6%	Iron	6%
*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	400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Carbohydrates	4	Fat	9
		Protein	4

INGREDIENTS: White Rye Flour, Rye Meal, Salt, Sugar, Shortening(palm oil) Yeast, Yeast Food(calcium sulfate salt, corn starch, ammonium sulfate, potassium bromate), Molasses, Carmel Color, Unbleached Wheat Flour.