



**STONE GROUND BAKERY, INC.
SOUR ITALIAN**

Nutrition Facts			
Serving Size:		2.5 Ounces (71g)	
Amount per Serving			
Calories:	200	Calories from fat:	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	460mg		19%
Total Carbohydrate	43g		14%
Dietary Fiber	2g		6%
Sugars	0g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	15%
*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: Flour, Salt, Sugar, Yeast
Yeast Food(calcium sulfate, salt
corn starch, ammonium sulfate,
potassium bromate).