



**STONE GROUND BAKERY, INC.
WHEAT CIABATTA**

Nutrition Facts			
Serving Size: 1 Bun 3.5 ounce (100g)			
Amount per Serving			
Calories:	320	Calories from fat:	70
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1g		6%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	500mg		20%
Total Carbohydrate	50g		16%
Dietary Fiber	4g		12%
Sugars	2g		
Protein	8g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	20%
*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: Wheat Flour Unbleached,
Whole Wheat Flour, Kibbled Wheat,
Water, Olive Oil, Salt, Yeast, Dried Buttermilk
Potato Flour, Barley Malt Flour, Yeast Food(calcium
sulfate, salt, corn starch, ammonium sulfate,
potassium bromate), Calcium Propionate.