

# Nutrition Facts

Serving size

1/8 loaf

Amount Per Serving

**Calories**

**230**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 0.6g **3%**

*Trans* Fat 0g

Polyunsaturated Fat 2.3g

Monounsaturated Fat 0.8g

**Cholesterol** 0mg **0%**

**Sodium** 300mg **13%**

**Total Carbohydrate** 42g **15%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

**Protein** 6g **12%**

Vitamin D 0mcg **0%**

Calcium 13mg **0%**

Iron 2.3mg **15%**

Potassium 105mg **2%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.