



# Great Harvest Bread Co.®

## WHOLE GRAIN NUTRITION FACTS

Bread Type	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Honey Wheat ♥	0g / 1%	0mg / 0%	330mg / 14%	24g / 8%	3g / 12%	6g	4g	110	5
Harvest White	0g/0%	0mg/0%	360mg/15%	26g/9%	1g/4%	4g	3g	120	5
Apple Cranberry Pecan ♥	2g/3%	0mg/0%	300mg/12%	28g/9%	3g/12%	13g	3g	140	20
Challah	1g/1%	15mg/5%	250mg/10%	28g/9%	2g/9%	5g	4g	130	5
Cinnamon Pull-Apart/Swirl ♥	2g/3%	5mg/2%	180mg/8%	23g/8%	2g/8%	9g	3g	110	20
Dakota ♥	3.5g / 5%	0mg / 0%	240mg / 10%	22g / 7%	3g / 13%	5g	5g	130	30
High 5 Fiber ♥	3.5g / 5%	0mg / 0%	220mg / 9%	22g / 7%	5g / 20%	4g	5g	120	30
Mediterranean Olive	2g / 3%	0mg / 0%	480mg / 20%	25g / 8%	2g / 8%	3g	4g	130	20
Texas Herb ♥	.5g/1%	0mg/0%	320mg	27g/9%	3g/13%	6g	4g	120	5
Rosemary Garlic ♥	.5g	0mg/0%	320mg	26g	4g	6g	4g	120	5
Cinnamon Burst ♥	3g / 5%	0mg / 0%	270mg / 11%	30g / 10%	4g / 16%	10g	4g	160	25
Cinnamon Raisin Walnut ♥	2g	27mg/9%	310mg	27g/9%	3g/12%	8g	4g	130	20
Cinnamon Chip White	3g/4%	0mg	340mg	29g/10%	1g/4%	10g	3g	150	25
Basil Parmesan ♥	1g	5mg	330mg	26g	3g	5g	5g	130	10
Hill Country Crunch ♥	4g / 6%	0mg / 0%	240mg / 10%	23g / 8%	3g / 12%	4g	5g	140	40
Rockridge Whole Grain ♥	2g/3%	mg/0%	280mg/11%	28g/9%	2g/9%	10g	3g	140	20

**Serving Size:** 50g (1.75 oz). There are 20 servings in a 2.2 lb. (one kilogram) loaf. ♥ = freshly ground 100% whole grain wheat flour

Notations made in "Amount Percent Daily Values" are based on a 2000 calorie diet. Nutritional values for breads with fillings or toppings such as seeds, grains or cheese are approximate only. Find your nutritious bread at: **1901 Long Prairie Rd. #200 (next door to Cici's Pizza) Flower Mound, TX**

(972) 691-4969 [www.flouronthemound.com](http://www.flouronthemound.com)

# WHAT'S IN OUR BREAD?



*Serving Size: 50g (1.75 oz). There are 20 servings in a 2.2 lb. (one kilogram) loaf.*

*♥ = freshly ground 100% whole grain wheat flour*