

Posh Bakery  
Nutrition Label  
Bread, Loaf, Marble Rye

**Nutrition Facts**

17 servings per container  
Serving size **40 g (1.4 oz)**

Amount per serving  
**Calories 100**

	% Daily Value *
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.4mg	2%
Potassium 50mg	2%
Vitamin A 0mcg	0%

\* 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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RYE FLOUR, CONTAINS 2% OR LESS OF: CALCIUM PROPIONATE, CARAMEL COLOR, DOUGH CONDITIONER (WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO-GLYCERIDES [DATEM] AND 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, ENZYMES, ASCORBIC ACID, L-CYSTEINE HYDROCHLORIDE, AZODICARBONAMIDE [ADA]), PURE CANE SUGAR, SALT, SPICES, CARAWAY SEED, SUGAR, VITAL WHEAT GLUTEN, YEAST, YEAST (YEAST, SORBITAN MONOSTEARATE)

CONTAINS: WHEAT

# Posh Bakery Nutrition Label

Bread, Loaf, Wheat With Oats, Oval, 32Oz Bread151

## Nutrition Facts

20 servings per container

**Serving size** 45 g (1.6 oz)

Amount per serving

**Calories** 120

% Daily Value \*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 220mg 9%

**Total Carbohydrate** 26g 9%

Dietary Fiber 2g 6%

Total Sugars 3g

Includes 2g Added Sugars 4%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 0.4mg 2%

Potassium 60mg 2%

Vitamin A 0mcg 0%

\* 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, HONEY, 9 GRAIN BLEND (RED WHEAT, WHITE WHEAT, BARLEY, RYE, OATS, CORN, MILLET, BUCKWHEAT AND FLAX), OATS, SALT, MALT (MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE), YEAST (YEAST, SORBITAN MONOSTEARATE), CARAMEL COLOR, VITAL WHEAT GLUTEN, DOUGH IMPROVER ([ENRICHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ENZYMES [CONTAINS WHEAT] AND 2% OR LESS OF EACH OF THE FOLLOWING: ASCORBIC ACID, SOYBEAN OIL), CALCIUM PROPIONATE

CONTAINS: SOY, WHEAT

Posh Bakery  
Nutrition Label  
Bread, Sourdough, Oval

**Nutrition Facts**

21 servings per container	
<b>Serving size</b>	<b>54 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>11%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 40mg	0%
Vitamin A 0mcg	0%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE), DOUGH CONDITIONER (WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO-GLYCERIDES [DATEM] AND 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, ENZYMES, ASCORBIC ACID, L-CYSTEINE HYDROCHLORIDE, AZODICARBONAMIDE [ADA])

CONTAINS: WHEAT

Posh Bakery  
 Nutrition Label Report  
 Bread, Loaf, White, Oval 32Oz

**Nutrition Facts**

20 servings per container  
**Serving size** 45 g (1.6 oz)

**Amount per serving**  
**Calories** 130

	% Daily Value *
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	3%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 30mg	0%
Vitamin A 0mcg	0%

\* 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.

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SALT, ENRICHED WHEAT FLOUR (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), DEXTROSE, VEGETABLE SHORTENING (PALM OIL), CALCIUM SULFATE, YEAST, CANOLA OIL, ASCORBIC ACID, ENZYMES, SOYBEAN OIL, PURE CANE SUGAR, DOUGH CONDITIONER (WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO-GLYCERIDES [DATEM] AND 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, ENZYMES, ASCORBIC ACID, L-CYSTEINE HYDROCHLORIDE, AZODICARBONAMIDE [ADA]), YEAST (YEAST, SORBITAN MONOSTEARATE), ENZYMES (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT AND 2% OR LESS OF EACH OF THE FOLLOWING: ENZYMES [CONTAINS WHEAT])

CONTAINS: SOY, WHEAT

Posh Bakery  
 Nutrition Label Report  
 Bread, Loaf, Lite Rye 24Oz

<b>Nutrition Facts</b>	
17 servings per container	
<b>Serving size</b>	<b>40 g (1.4 oz)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 1g	
Includes <1g Added Sugars	<b>2%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.3mg	<b>2%</b>
Potassium 50mg	<b>2%</b>
Vitamin A 0mcg	<b>0%</b>
<small>* 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.</small>	
<small>Calories per gram:            Fat 9      •      Carbohydrate 4      •      Protein 4</small>	

INGREDIENTS: ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RYE FLOUR, SPICES, CARAWAY SEED, PURE CANE SUGAR, CONTAINS 2% OR LESS OF: CALCIUM PROPIONATE, DOUGH CONDITIONER (WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO-GLYCERIDES [DATEM] AND 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, ENZYMES, ASCORBIC ACID, L-CYSTEINE HYDROCHLORIDE, AZODICARBONAMIDE [ADA]), SALT, VITAL WHEAT GLUTEN, YEAST (YEAST, SORBITAN MONOSTEARATE)

CONTAINS: WHEAT