

The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

Phone (312)726-4606, ext. 3
Cell (269)779-5348

1005 White Texas Toast Bread

Nutrition Facts	
20 servings per container	
Serving size	1 Slice (34g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 28mg	0%
<small>*The % Daily Value 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 Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Wheat Gluten, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Sodium Stearoyl Lactylate, Calcium Propionate (Preservative), Calcium Sulfate, Vitamin D.

Contains: Wheat

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

The Long Company Sample #123915

7/19/2021

By Dan Inman

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Baking Research and Technology, LLC.

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1290 Whole Grain Bread

Nutrition Facts	
22 servings per container	
Serving size	1 Slice (31g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 48mg	2%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	8%
<small>*The % Daily Value 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: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Contains 2% or less of the following: Yeast, Soybean Oil, Salt, Calcium Propionate (Preservative), Ammonium Sulfate, Ascorbic Acid, Citric Acid, Sodium Stearoyl Lactylate, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Calcium Sulfate, Vitamin D.

Contains: Wheat

One 31g Serving of this product contains: 8.9 grams of Whole Grains

One 31g Serving of this product contains: 8.9 grams of Enriched Flour

Total of 17.8 grams Whole Grains = 1.0 oz Equivalent Grains Credits

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.
Sample# 127280

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1292 Whole Grain Sandwich Bread

Nutrition Facts	
24 servings per container	
Serving size	1 Slice (28g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 45mg	0%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Folate 24mcg DFE	6%
<small>*The % Daily Value 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: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Vinegar, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Ethoxylated Mono- & diglycerides, Enzymes, Ascorbic Acid.

Contains: Wheat.

One 28.35g Serving of this product contains: 8.6 grams of Whole Grains
One 28.35g Serving of this product contains: 8.3 grams of Enriched Flour
Total of 16.9 grams Whole Grains = 1.0 oz Equivalent Grains Credits

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Sample# 127670

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1294 WGR Texas Toast

Nutrition Facts	
20 servings per container	
Serving size	1 Slice (34g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 53mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value 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: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Calcium Propionate (Preservative), Ammonium Sulfate, Ascorbic Acid, Citric Acid, Sodium Stearoyl Lactylate, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Calcium Sulfate, Vitamin D.

Contains: Wheat

2 Slices of this bread has 20 grams of Creditable Grains from Whole Grains.

2 Slices of this bread has 19grams of Creditable Grains from Enriched Wheat Flour.

2 Slices of this bread has a total of 39 grams of Creditable Grains = 2.25 oz Equivalents

The Long Company Sample #124157-1

7/19/2021

By Dan Inman

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Phone (312)726-4606, ext. 3
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1448 Natural 100% Wheat Bread

Nutrition Facts	
11 servings per container	
Serving size	2 Slices (62g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 3mcg	15%
Calcium 68mg	6%
Iron 2mg	10%
Potassium 124mg	2%
Thiamin 0.4mg	35%
Riboflavin 0.2mg	15%
<small>*The % Daily Value 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: Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Polydextrose, Contains 2% or less of the following: Soybean Oil, Honey, Salt, Molasses, Invert Sugar, Corn Syrup, Wheat Flour, Wheat Starch, High Fructose Corn Syrup, Vinegar, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Vitamin & Mineral Enrichment (Ferrous Sulfate, Niacin, Thiamin Hydrochloride, Riboflavin, Folic Acid, Ascorbic Acid, Vitamin D).

Contains: Wheat

2 Slices of this bread has 32 grams of Creditable Grains from Whole Grains.

2 Slices of this bread has 0 grams of Creditable Grains from Enriched Wheat Flour.

2 Slices of this bread has a total of 32 grams of Creditable Grains = 2.0 oz Equivalents

The Long Company Sample #124161

7/19/2021

By Dan Inman

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Phone (312)726-4606, ext. 3
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3295 4in Plain White Bun

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 0mg	0%
Potassium 46mg	0%
<small>*The % Daily Value 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: Wheat Flour, Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Citric Acid.

Contains: Wheat

1 Bun has 0 grams of Creditable Grains from Whole Grains.

1 Bun has 0 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 0 grams of Creditable Grains = 0 oz Equivalent

The Long Company Sample #123954

7/19/2021

By Dan Inman

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3474 4in WGR Hamburger Bun

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 2mg	10%
Potassium 104mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 3mg	20%
Folate 46mcg DFE	10%
<small>*The % Daily Value 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: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole White Wheat Flour, Sugar, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Calcium Propionate (Preservative), Vinegar, Sodium Stearoyl Lactylate, Calcium Sulfate, Ascorbic Acid, Enzymes.

Contains: Wheat.

One 60g Serving of this product contains: 19.2 grams of Whole Grains
One 60g Serving of this product contains: 15.7 grams of Enriched Flour
Total of 34.9 grams Whole Grains = 2.0 oz Equivalent Grains Credits

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Sample# 127587-1

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3709 Whole Grain Hot Dog Bun

Nutrition Facts	
16 servings per container	
Serving size	1 Bun (50g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 93mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2mg	15%
Folate 39mcg DFE	10%
<small>*The % Daily Value 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: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Whole White Wheat Flour, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Calcium Propionate (Preservative), Molasses, Sodium Stearoyl Lactylate, Vinegar, Enzymes, Ascorbic Acid.

Contains: Wheat.

One 50g Serving of this product contains: 15.7 grams of Whole Grains
One 50g Serving of this product contains: 12.9 grams of Enriched Flour
Total of 28.6 grams of Creditable Grains = 1.75 oz Equivalent Grains Credits

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.
Sample# 128652-1

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The Long Company Technical Services

909 South Route 83, Suite 105 Elmhurst, IL 60126

312.726.4606 FAX 312.726.4625

3710 HOT DOG BUN

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (40g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 32mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value 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 Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Citric Acid.

Contains: Wheat

1 Bun has 0 grams of Creditable Grains from Whole Grains.

1 Bun has 26.1 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 0 grams of Creditable Grains = 0 oz Equivalent

The Long Company Sample #123571

7/19/2021

By Dan Inman

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The Long Company Technical Services

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312.726.4606 FAX 312.726.4625

3717 Buddy Boys 65 67g 8ct

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid), Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Acetic Acid, Lactic Acid, Malted Barley Flour, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat

The Long Company Sample #122881

This product contains 0g Whole Grain per serving.

This product contains 40g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



7/19/2021

By AL Bachman

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3737 5in Whole Wheat Hoagie

Nutrition Facts	
servings per container	
Serving size	5" Roll (73g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 39g	14%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 3mg	15%
Potassium 131mg	2%
Thiamin 0.4mg	35%
Riboflavin 0.2mg	15%
Niacin 3mg	20%
Folate 86mcg DFE	20%
<small>*The % Daily Value 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: Whole White Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Honey, Salt, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Ascorbic Acid, Enzymes.

Contains: Wheat.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.
Sample# 128344

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3920 Whole Grain Pan Roll

Nutrition Facts	
24 servings per container	
Serving size	1 Roll (34g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 59mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value 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: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ascorbic Acid, Ammonium Sulfate, Citric Acid, Ethoxylated Mono- and Diglycerides.

Contains: Wheat

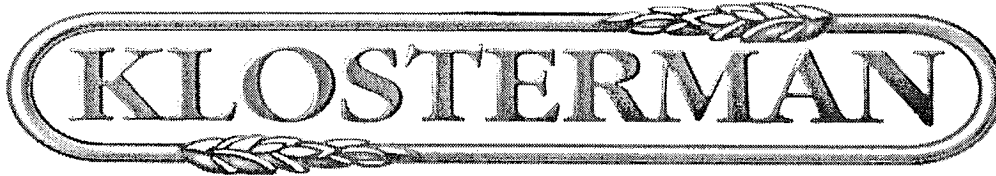
One 34g Serving of this product contains: 11.4 grams of Whole Grains

One 34g Serving of this product contains: 8.7 grams of Enriched Flour

Total of 20.1 grams Whole Grains = 1.25 oz Equivalent Grains Credits

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed. Sample# 127278

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7511 Whole Wheat Slim (201) 43g 8ct Klosterman-Sprgboro, 03-14-17

Nutrition Facts	
8 servings per container	
Serving size	1 Slim (43g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 1mg	6%
Potassium 107mg	2%
<small>*The % Daily Value 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: Whole Wheat Flour, Water, Wheat Gluten, Powdered Cellulose, Wheat Bran, Sugar, Yeast, Contains 2% or less of the following: Polydextrose, Salt, Soybean Oil, Calcium Propionate (Preservative), Vinegar, Xanthan Gum, Wheat Flour, Calcium Sulfate, DATEM, Sorbic Acid, Ascorbic Acid, Truvia (Stevia Leaf Extract, Erythritol, Natural Flavors)..

Contains: Wheat

One 43g Serving of this product contains: 20.0 grams of Whole Grains
One 43g Serving of this product contains: 00.0 grams of Enriched Flour
Total of 20.0 grams Whole Grains = 1.50 oz. Equivalent Grains Credits

5/11/2017

By: Jon Prues

#9543

Multigrain / 12 Grain 4oz

03/21/2018

Nutrition Facts

Serving size 1 bagel 4oz (113g)

Amount per serving

Calories 260

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 340mg 15%

Total Carbohydrate 52g 19%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 10g

Vitamin D 0mcg 0%

Calcium 182mg 15%

Iron 3mg 15%

Potassium 147mg 4%

*The % Daily Value 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.

INGREDIENTS: ENRICHED HIGH GLUTEN FLOUR (WHEAT FLOUR, MALTED BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, GRAINS (OAT FLAKES, CRACKED WHEAT, SUNFLOWER SEEDS, FLAXSEED, MILLET), WHEAT BRAN, YEAST, SUGAR, SALT, CALCIUM PROPIONATE (PRESERVATIVE), MONO-DIGLYCERIDES, ENZYME, MALT, SORBIC ACID, CORNMEAL.

Contains Wheat.

Produced on Equipment that Processes Egg and Soy.