



Nutritional Information for BREAD WHL WHE PULLMAN SLCD 12-22Z GFS

Product Number:	710650
Description:	AP, Bread, Whole Wheat, Pullman, GFS

Nutritional Information		
Serving Size 2 each (52 g)		
Amount Per Serving		
Calories 130		Calories from Fat 18
% Daily Value		
Total Fat	2 g	3%
Saturated Fat	1 g	2%
Trans Fat	0 g	
PolyUnSat	0 g	n/a
MonoUnSat	0 g	n/a
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Potassium	45 mg	1%
Total Carbs	24 g	8%
Dietary Fiber	3 g	12%
Sugars	3 g	n/a
Protein	5 g	10%
Vitamin A -	0%	Vitamin C - 0%
Calcium -	6%	Iron - 8%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

Water Soluble Vitamins		Minerals	
Thiamin B1	0 mg	Phosphorus	n/a
Riboflavin B2	0 mg	Zinc	n/a
Niacin B3	2 mg	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	60 mg
Vitamin C	0 mg	Iron	1 mg
Folic Acid	80 mcg	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
2 Slice		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	0.00 oz		
Grain/Bread	1.75 oz eq		
Fruit	0.00 cup		
Vegetable:			
Red/Orange	0.00 cup		
Dark Green	0.00 cup		
Starchy	0.00 cup		
Beans/Peas	0.00 cup		
Other	0.00 cup		
Notes:			
Provides 2 oz eq grain based on flour content			

Ingredients:

Whole grain wheat flour, water, sugar, yeast, wheat gluten, soybean oil, salt, caramel color, datem, sodium stearoyl lactylate, calcium propionate (a preservative), potassium chloride, sodium gluconate, wheat starch, calcium sulfate, citric acid, ascorbic acid, soy lecithin. COMMON
ALLERGENS PRESENT: Wheat, Soy. Nutrition and Ingredient statement updated April 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.