

GREAT HARVEST BREAD NUTRITIONAL INFORMATION

570 E. BENSON ANCHORAGE, ALASKA 274-3331

BREADS	CALORIES	FAT	SAT. FAT	TRANS. FATS	FAT CALS.	CHOLEST.	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
<i>Apple Cinnamon Chip (30oz)</i>	120	1.5g/2%	0g/0%	0g	15	0mg/0%	310mg/13%	24g/8%	>1g/4%	9g	2g
<i>Apricot Almond (30oz)</i>	110	1.5g/3%	0g/0%	0g	15	0mg/0%	300mg/13%	24g/8%	3g/13%	9g	4g
<i>Asiago Pesto (28oz)</i>	140	6g/9%	2g/9%	0g	50	10mg/3%	360mg/15%	18g/6%	>1g/3%	2g	5g
<i>Asiago Rustic (24oz)</i>	110	1.5g/6%	2g/9%	0g	20	10mg/3%	360mg/15%	18g/6%	>1g/3%	0g	5g
<i>Carmel Apple (28oz)</i>	130	1g/1%	0g/0%	0g	25	0mg/0%	250mg/10%	29g/12%	>1g/3%	9g	3g
<i>Cheese Garlic (28oz)</i>	130	4g/6%	2.5g/13%	0g	35	15mg/4%	320mg/13%	18g/6%	1g/4%	3g	5g
<i>Chugach Rustic (24oz)</i>	110	0g/0%	0g/0%	0g	0	0mg/0%	250mg/10%	24g/9%	1g/4%	0g	3g
<i>Cinnamon Chip (30oz)</i>	140	3g/4%	0.5g/4%	0g	25	0mg/0%	270mg/11%	25g/8%	1g/3%	8g	3g
<i>Cinnamon Raisin Walnut (35oz)</i>	130	3.5g/5%	0.5g/3%	0g	30	0mg/0%	330mg/14%	22g/7%	3g/12%	7g	3g
<i>Cinnamon Swirl (28oz)</i>	100	1g/2%	0.5g/3%	0g	15	0mg/0%	320mg/13%	23g/8%	1g/5%	14g	3g
<i>Cracked Pepper Parmesan (28oz)</i>	120	1g/2%	0.5g/3%	0g	10	0mg/0%	320mg/16%	23g/8%	1g/4%	4g	5g
<i>Cranberry Orange (28oz)</i>	120	1g/2%	0g/0%	0g	10	0mg/0%	240mg/10%	26g/9%	4g/16%	10g	3g
<i>Dakota (35oz)</i>	120	3g/5%	0g/0%	0g	30	0mg/0%	210mg/9%	20g/7%	4g/16%	4g	4g
<i>Dubliner Stout (28oz)</i>	130	2.5g/4%	1.5g/8%	0g	25	10mg/3%	160mg/7%	22g/7%	1g/4%	4g	5g
<i>French Bageutte (14oz)</i>	110	0g/0%	0g/0%	0g	0	0mg/0%	250mg/10%	24g/7%	1g/5%	0g	3g
<i>High 5 Fiber (35oz)</i>	120	3.5g/5%	0g/0%	0g	30	0mg/0%	220mg/9%	21g/7%	5g/20%	5g	4g
<i>Hot Cross Buns (19oz)</i>	250	.5g/1%	0g/0%	0g	5	0mg/0%	810g/34%	55g/18%	2g/8%	19g	6g
<i>Honey White (35oz)</i>	110	0g/0%	0g/0%	0g	0	0mg/0%	390mg/16%	24g/8%	1g/4%	5g	3g
<i>Honey Whole Wheat (35oz)</i>	110	0g/0%	0g/0%	0g	0	0mg/0%	290mg/13%	24g/7%	3g/11%	6g	4g
<i>Irish Soda Bread (35oz)</i>	110	0g/0%	0g/0%	0g	5	0mg/0%	180mg/7%	24g/7%	2g/8%	8g	3g
<i>Jalapeno Jack Cornbread (28oz)</i>	130	7g/10%	4g/20%	0g	60	20mg/6%	440mg/18%	14g/5%	1g/6%	4g	4g
<i>Kalamata Olive Rustic (24oz)</i>	130	2g/4%	0g/0%	0g	0	0mg/0%	310mg/13%	24g/7%	1g/6%	0g	3g
<i>Multigrain Rustic (24oz)</i>	120	3g/5%	0g/0%	0g	0	0mg/0%	210mg/9%	21g/7%	3g/11%	0g	4g
<i>Musher's Bread (35oz)</i>	110	1.5g/2%	0g/0%	0g	15	0mg/0%	270mg/11%	24g/8%	3g/11%	8g	3g
<i>Nine Grain (35oz)</i>	100	.5g/1%	0g/0%	0g	5	0mg/0%	250mg/10%	23g/8%	3g/12%	5g	4g
<i>Oatmeal Poppyseed (35oz)</i>	110	1g/2%	0g/0%	0g	10	0mg/0%	290mg/12%	23g/8%	3g/12%	6g	4g
<i>Panza (28oz)</i>	110	2g/4%	1g/3%	0g	20	0mg/0%	560mg/21%	19g/6%	2g/8%	4g	4g
<i>Parmesan Basil Rustic (30oz)</i>	110	2.5g/4%	1g/6%	0g	20	5mg/2%	290mg/12%	17g/6%	>1g/3%	1g	5g
<i>Peanut Butter Choco.Chip (30oz)</i>	150	6g/9%	1.5g/8%	0g	50	0mg/0%	480mg/20%	22g/17%	1g/5%	7g	4g

Popeye Bread (30oz)	90	1g/2%	0.5g/3%	0g	10	0mg/0%	360mg/15%	17g/6%	1g/3%	4g	4g
Baked Potato Bread (30z)	100	1g/3%	0.5g/3%	0g	20	0mg/0%	260mg/8%	20g/6%	1g/3%	4g	3g
Onion Dill Rye (35oz)	100	0g/0%	0g/0%	0g	0	0mg/0%	270mg/11%	23g/8%	3g/12%	6g	4g
Potato Dill (35oz)	70	0g/0%	0g/0%	0g	0	0mg/0%	450mg/19%	17g/6%	1g/5%	7g	2g
Pumpkin Swirl (35oz)	130	4.5g/6%	1g/3%	0g	20	0mg/0%	190mg/13%	22g/8%	3g/12%	10g	3g
Raisin Walnut Rustic (24oz)	130	2.5g/4%	0g/0%	0g	0	0mg/0%	180mg/7%	23g/8%	3g/12%	0g	4g
Rosemary Garlic (35oz)	100	0g/0%	0g/0%	0g	0	0mg/0%	290mg/12%	23g/8%	3g/12%	6g	3g
Red, White & Blue (28oz)	110	0g/0%	0g/0%	0g	0	0mg/0%	360mg/15%	25g/8%	<1g/3%	9g	3g
Spinach Feta (28oz)	110	3g/5%	2g/10%	0g	25	10mg/4%	370mg/15%	16g/5%	1g/5%	4g	4g
Stuffing Bread (35oz)	80	0g/0%	0g/0%	0g	0	0mg/0%	240mg/10%	17g/6%	3g/10%	4g	3g
Sundried Tomato Pesto (35oz)	120	2.5g/4%	.5g/3%	0g	20	0mg/0%	340mg/14%	20g/7%	2g/6%	4g	3g
Sunflower Millet (35oz)	110	1.5g/3%	0g/0%	0g	15	0mg/0%	280mg/11%	23g/8%	1g/6%	5g	4g
Tahitian Surprise (30oz)	140	4g/6%	1.5g/6%	0g	0	0mg/0%	210mg/9%	24g/9%	2g/9%	7g	4g
Tomato Basil (35oz)	100	0g/0%	0g/0%	0g	0	0mg/0%	250mg/10%	21g/7%	2g/8%	3g	4g
White Chocolate Cherry (35oz)	140	2.5g/4%	1.5g/8%	0g	25	5mg/2%	250mg/10%	27g/9%	1g/2%	14g	3g
Whole Grain Rustic (26oz)	110	2g/4%	0g/0%	0g	0	0mg/0%	230mg/9%	21g/7%	4g/16%	0g	5g
Whole Wheat Cinn.Chip (35oz)	100	2.5g/4%	0g/0%	0g	20	0mg/0%	270mg/11%	24g/8%	3g/11%	9g	3g
Woodstock (35oz)	130	3.5g/5%	0g/0%	0g	30	0mg/0%	250mg/10%	22g/7%	3g/12%	5g	4g

Serving size: 50g. (1.75 oz) There are approximately 20 servings in a 35oz loaf, 17 servings in a 30oz loaf, & 16 servings in a 28oz loaf. Notations made in "Amt./%Daily Values" are based on a 2000 calorie diet.