

# Bakery Nutrition Facts



UPC	White Bread	Serving Size	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv					
		1 slice (g)			g %DV	g %DV	g	mg %DV	mg %DV	g %DV	g %DV	g %DV	g	%DV	%DV	%DV	%DV	1					
44469, 44470, 44472	Pane Italian Bread	57 (2 slices)	130	15	1.5	2	0	0	0	0	270	11	26	9	1	4	1	4	0	0	0	4	-
33549	Pain De Campagne Round Bread	57 (2 slices)	130	15	2	3	0	0	0	0	250	10	25	8	1	4	1	4	0	4	0	8	-
33544, 33616	Batard Bread	57 (2 slices)	160	5	0	0	0	0	0	0	340	14	34	11	1	4	1	6	0	6	2	10	-
33548, 41536	Tuscan Bread	57	150	35	4	6	0.5	3	0	0	300	13	24	8	1	4	0	4	0	0	0	8	-
33708, 35251	Garlic Tuscan Bread	57	150	35	4	6	0	0	0	0	300	13	23	8	1	4	1	4	0	0	0	8	-
13724	EPI Bread	57	120	0	0	0	0	0	0	0	290	12	25	8	1	4	1	5	0	0	0	8	-
34126	Ciabatta Baguette	57	150	0	0.5	1	0	0	0	0	330	14	30	10	1	4	0	5	0	2	0	10	-
33749, 33614, 40395, 40396	Vive Baguette Bread	57 (4 slices)	140	5	0.5	1	0	0	0	0	280	12	28	9	1	4	0	5	0	0	0	10	-
15852, 23563	Ciabatta Bread	56 (2 slices)	140	5	0.5	1	0	0	0	0	290	13	28	10	1	4	1	5	0	0	0	10	-
43754	Small Ciabatta	57	140	5	0.5	1	0	0	0	0	320	13	30	10	1	4	0	5	0	0	0	10	-
43753	Salt Bread	57	200	90	10	15	1.5	8	0	0	1460	61	23	8	1	4	0	4	0	0	0	8	-
38653	Organic White Flute	51 (2 slices)	110	0	0	0	0	0	0	0	260	11	25	8	1	4	1	4	0	2	2	10	-
40813	Organic White Flute, Local	57 (3 slices)	130	0	0	0	0	0	0	0	300	13	28	9	<1	4	1	4	0	2	2	10	-
56441, 18751	Scratch Marco Polo Bread	57	140	10	1	2	0	0	0	0	410	17	27	9	1	5	1	5	0	0	0	8	-
46482	Marco Polo Bread	54	130	15	1.5	2	0	0	0	0	260	11	24	8	1	4	1	4	0	2	0	8	-
31063	Scratch Organic Marco Polo Bread	62	150	10	1.5	2	0	0	0	0	310	13	30	10	1	4	1	4	0	0	0	10	-
29880	Organic Sourdough Bread	60	150	0	0	0	0	0	0	0	280	12	29	10	1	4	1	6	0	0	0	6	-
34048, 35397	Sourdough Boule	57	90	0	0	0	0	0	0	0	300	13	18	6	0	0	0	3	0	0	0	6	-
29881, 35243	Organic Rosemary Olive Oil Loaf	57	150	5	0.5	1	0	0	0	0	410	17	28	9	0.5	0	0	5	0	0	0	6	-
82713	Scratch Round Single Italian Bread	57	130	10	1	2	0	0	0	0	290	12	27	9	1	4	1	5	0	4	2	8	-
91922, 64943, 47331	Scratch Signature Italian Bread	57	130	10	1	1	0	0	0	0	330	14	26	9	1	5	1	5	0	0	0	10	-
46723	Signature Italian Bread	57	140	15	1.5	2	0	0	0	0	270	11	26	9	1	4	1	5	0	0	0	10	-
82488	Scratch Farmstyle Bread	57	120	5	1	2	0	0	0	0	280	12	25	8	1	4	1	5	0	0	0	8	-
75824	Farmstyle Bread	57	140	15	1.5	2	0	0	0	0	270	11	26	9	1	4	1	5	0	0	0	10	-
44436	Semolina Bread	52	130	10	1.5	2	0	0	0	0	300	13	24	8	1	4	1	4	0	0	0	15	-
81197	Soft Sided Italian	50	120	15	2	3	0	1	0	0	230	9	23	8	1	3	1	4	0	0	2	8	-
45666	Scall Bread	50	120	15	2	3	0	1	0	0	230	9	23	8	1	3	1	4	0	0	2	8	-
69949	Pane Piccolo Bread	66	160	10	1.5	2	0	0	0	0	340	14	32	11	1	4	0	5	0	4	0	10	-
49073	Round San Francisco Sourdough	62	150	0	0	0	0	0	0	0	360	15	30	10	1	4	1	4	0	0	0	10	-
84909	Scratch Sicilian Twist	53	120	10	1	2	1	1	0	0	270	11	24	8	1	4	1	5	0	0	2	8	-
47543	Sicilian Twist	53	130	15	1.5	2	0	0	0	0	250	10	25	8	1	4	1	5	0	8	0	8	-
31055	Organic Sicilian Twist	57	150	25	2.5	4	0	0	0	0	270	11	27	9	1	4	1	5	0	0	4	10	-
54755	Scratch English Muffin Bread	57	130	10	1	2	0	0	0	0	390	16	25	8	1	4	0	4	0	2	0	2	-
36290	English Muffin Bread	57	140	15	1.5	2	0	0	0	0	260	11	27	9	1	4	1	5	0	0	0	8	-
58815	Hoboken Bread	57	150	30	3.5	5	1	1	0	0	260	11	25	8	2	7	1	5	0	4	6	10	-

41654, 41656	<b>Pane Di Sesamo</b>	56	150	25	3	5	0	0	0	0	0	250	10	27	9	1	4	0	5	0	0	4	15	-
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UPC	White Bread (continued)	Serving Size	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv						
		1 slice (g)			g %DV	g %DV	g	mg %DV	mg %DV	g %DV	g %DV	g %DV	g	%DV	%DV	%DV	%DV	%DV	1					
41997, 42452	Organic Sixseed Bread	53	130	40	4	6	0	0	0	250	10	23	8	2	8	2	5	0	2	2	10	-		
75828, 58893	Rye Bread	57	140	10	1	1	0	0	0	400	17	28	9	2	8	1	6	0	0	0	8	-		
75826, 58895	Caraway Rye	57	130	10	1	2	0	0	0	360	15	27	9	3	12	1	5	0	4	2	8	-		
75827, 30390, 38188, 38189	Marble Rye Bread	57	140	10	1	2	0	0	0	360	15	27	9	2	8	0	5	0	0	4	8	-		
82400	Cross Rye Bread	57	140	10	1	2	0	0	0	380	16	28	9	2	8	1	6	0	0	2	8	-		
91221	Limpa Rye Bread	57	210	30	3	5	1.5	8	0	240	10	40	13	2	8	7	5	0	0	2	4	-		
40370	Corn Skillet Bread	57	140	35	4	6	2.5	11	0	30	10	240	10	22	7	0	6	3	4	0	2	4	0.5	
44657	Jalapeno Corn Skillet Bread	57	130	35	4	6	2	11	0	30	11	230	10	21	7	0	6	3	4	0	2	2	0.5	
41492, 41493	Southern Corn Bread	57	160	40	4.5	7	2.5	13	0	30	10	160	7	27	9	1	4	14	3	4	0	8	4	-
39760	Hatch Chile Corn Bread	57	130	35	4	6	2	11	0	30	11	210	9	20	7	0	6	3	4	0	2	4	0.5	
32717, 35250	Scratch Cheese Bread	57	150	45	5	8	2.5	13	0	30	10	300	12	18	6	1	3	1	7	4	2	10	6	-
40064, 40065	Scratch Bacon Cheese Bread	57	160	60	6	9	3	15	0	35	11	360	16	17	6	1	3	0	8	4	2	10	2	-
37365, 37366	Scratch Cheese Bread with Hatch Chiles	57	140	45	5	8	2.5	13	0	30	10	290	12	17	6	1	3	1	7	4	2	10	6	-
90488, 35680	Scratch Jalapeno Cheese Bread	57	150	45	5	8	2.5	13	0	30	11	350	15	18	6	1	3	0	7	4	2	10	6	-
35681, 35683	Scratch Pepperoni Cheese Bread	57	160	50	6	9	3	14	0	30	10	320	13	17	6	1	3	0	7	4	2	10	2	-
47441, 47442	Bacon Cheese Bread	57	160	60	7	11	3	15	0	40	13	360	15	16	5	1	4	1	9	4	0	10	6	-
41205, 94757	Cheese Bread	57	150	50	6	9	3	15	0	30	10	300	13	17	6	1	4	1	7	4	4	10	6	-
47435, 47436	Jalapeno Cheese Bread	57	150	50	6	9	2.5	13	0	35	12	340	14	17	6	1	4	1	7	4	0	10	6	-
47439, 47440	Pepperoni Cheese Bread	57	160	60	7	11	3	15	0	35	12	330	14	17	6	1	4	1	8	4	0	10	6	-
44841	Garlic Bread	57	140	40	4.5	7	1.5	8	0	5	2	240	10	21	7	1	4	1	3	4	0	0	8	-
46598, 46599	Apple Fritter Bread	52	120	5	1	2	0	0	0	0	140	6	26	9	1	4	11	2	0	6	2	6	-	

UPC	Crostini	Serving Size	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv					
		1 slice (g)			g %DV	g %DV	g	mg %DV	mg %DV	g %DV	g %DV	g %DV	g	%DV	%DV	%DV	%DV	%DV	-				
33840	Garlic Crostini	16 (2 slices)	40	5	1	2	0	0	0	75	3	7	2	0	0	0	1	0	0	0	0	2	-
33841	Garlic Tuscan Crostini	16 (4 slices)	50	20	2.5	4	0	0	0	95	4	6	2	0	0	0	1	0	0	0	0	2	-
37123	Italian Bread Olive Oil Crostini	16 (3 slices)	40	5	0	0	0	0	0	80	3	7	2	0	0	0	1	0	2	0	2	0.5	
35201	Olive Oil Crostini	15 (6 slices)	40	5	0.5	1%	0	0	0	75	3	7	2	0	0	0	1	0	0	0	0	2	-
43039	Olive Oil Crostini	15 (6 slices)	40	5	0.5	1%	0	0	0	80	3	7	2	0	0	0	1	0	0	0	0	2	-
37122	Seven Grain Olive Oil Crostini	15 (2 slices)	45	5	0.5	1	0	0	0	85	4	9	3	1	4	1	2	0	0	0	0	2	-
37121	Multigrain Olive Oil Crostini	16 (5 slices)	35	5	0	0	0	0	0	105	4	7	2	0	0	1	1	0	0	0	0	2	0.5

UPC	Whole Grain Bread	Serving Size	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv						
		1 slice (g)			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	1
29270	Multigrain Crostini	57 (3 slices)	140	20	2.5	4	0	0	0	0	0	360	15	26	9	0	0	2	5	0	0	0	8	0.5
38220	Rosemary Olive Oil Crostini	15 (7 slices)	40	5	0	0	0	0	0	0	0	270	11	7	2	0	0	0	1	0	0	0	2	-
40776	Cranberry Orange Crostini	16	50	10	1	2	0.5	3	0	0	0	40	2	9	3	0	0	4	1	0	0	0	2	-
20659, 21331	Organic Artisan Miche Bread	59	130	5	1	1	0	1	0	0	0	270	11	27	9	2	8	1	5	0	0	2	8	0.5
12292	Organic Multigrain Baguette	57 (3 slices)	140	10	1	2	0	0	0	0	0	300	13	28	9	2	8	2	5	0	0	0	8	0.5
38654	Organic Multigrain Flute	51	100	5	0.5	1	0	0	0	0	0	250	10	22	7	1	4	1	3	0	0	2	8	-
22827	Twisted Root Baguette	57	110	5	0	1	0	0	0	0	0	280	12	22	7	1	4	1	4	0	6	0	8	-
38306, 38307	Sprouted Grain Bread	56	140	20	2	3	0	0	0	0	0	290	12	26	9	3	12	1	5	0	2	2	10	1
40812	Einkorn Rye Bread	45	110	30	3	5	0	0	0	0	0	190	8	18	6	3	12	3	4	0	0	2	6	2
43333, 43971	Multigrain Sourdough	57	120	10	1.5	0	0	0	0	0	0	180	8	23	8	2	8	1	4	0	0	0	8	-
59011, 29158	Marathon Bread made with Organic Flour	57	160	50	6	9	1	4	0	0	0	220	9	22	7	4	15	2	6	2	2	2	10	-
36657, 29797	Marathon Bread with Dried Cranberries	57	150	45	5	8	1	4	0	0	0	190	8	23	8	4	14	4	5	2	2	2	10	-
54381, 29168	Multigrain Bread made with Organic Flour	57	140	15	1.5	2	0	0	0	0	0	190	8	27	9	3	12	3	4	0	0	2	8	1
54438, 31087	Multigrain Bread with Currants	57	140	15	1.5	2	0	0	0	0	0	170	7	29	10	3	12	7	4	0	0	2	8	1
23853, 29535	Soft Crusted Multigrain Bread	57	150	25	2.5	4	0	0	0	0	0	230	10	26	9	3	12	4	6	0	6	6	8	0.5
31291, 36022	100% Whole Wheat Raisin Walnut Bread	57	170	60	6	9	0	0	0	0	0	150	6	25	8	3	12	11	6	0	0	2	8	2
46076, 46078	Walnut Raisin Bread	53	160	60	6	9	0.5	3	0	0	0	160	7	24	8	2	8	6	4	0	0	2	6	
38046, 38047	Cherry Pecan Bread	60	190	70	7	11	0.5	3	0	0	0	170	7	28	9	4	16	11	5	2	0	2	6	1
44598, 44599	Oatmeal Cinnamon Raisin Bread	60	220	80	9	14	4	20	0	5	2	320	13	34	11	2	8	23	1	0	0	8	2	-
75822, 58896	Pumpernickel Bread	57	130	10	1	2	0	0	0	0	0	390	16	26	9	2	8	0	5	0	0	4	8	0.5
30360, 30384	Round Pumpernickel Bread	57	130	10	1	2	0	0	0	0	0	390	16	26	9	2	8	0	5	0	0	4	8	0.5
45159, 45160	Organic White Sourdough	57	130	5	0	0	0	0	0	0	0	270	11	27	9	1	4	1	4	0	8	0	8	
00205, 35239	7 Grain Sourdough Loaf	57	170	20	2	3	0	0	0	0	0	290	12	34	11	4	16	3	6	0	2	2	10	0.5
26692, 26693	Ancient Grain Bread NGCI	57	150	50	6	9	1	5	0	20	7	260	11	20	7	2	8	5	5	20	2	4	8	1
45161, 45162	Oatmeal Bread NGCI	54	120	25	3	5	0	0	0	25	8	250	10	19	6	0	0	4	4	0	2	2	6	1

UPC	Seasonal Bread	Serving Size	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv						
		1 slice (g)			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	-
26992	Panettone	100	370	130	14	22	8	40	0	160	53	140	6	53	18	2	8	35	7	0	0	15	15	-
24630, 31953	Chocolate Cherry Bread	53	160	40	4.5	7	2.5	13	0	5	2	110	5	28	9	2	8	11	4	2	0	2	10	-
32414, 41119	Irish Soda Bread	58	170	25	3	5	1.5	8	0	0	0	450	19	33	11	2	8	11	4	0	0	10	10	-
22826	Irish Soda Bread	57	150	35	4	6	2	11	0	10	3	1020	42	25	8	3	10	9	4	2	2	4	8	-
40825, 41204	Craquelin Brioche	57	190	30	3.5	5	2	10	0	5	2	10	0	34	11	<1	4	15	4	10	0	2	4	-
29878	Braided Challah Bread	59	160	25	2.5	4	0	0	0	30	10	240	10	30	10	2	8	4	5	0	0	2	10	-
46678	Plain Round Challah	57	180	25	3	5	0.5	3	0	25	8	280	12	32	11	1	4	4	6	0	0	2	10	-
42150	Round Challah Bread w/Raisins	60	190	25	2.5	4	0.5	3	0	25	8	260	11	36	12	1	4	9	6	0	0	2	10	-
32431	Easter Bread	54	130	10	1	2	0	0	0	10	3	140	6	28	9	2	8	8	3	0	0	2	8	-
90161	Paska Bread	61	160	15	1.5	2	0.5	3	0	5	1	200	8	33	11	1	5	8	4	0	0	2	15	-
52505	St. Joseph's Bread	53	120	15	2	3	0.5	3	0	5	2	250	10	23	8	1	4	0	4	0	4	2	2	-
56873	Holiday Bread	57	150	10	1	2	0	0	0	0	0	230	9	30	10	1	5	7	4	0	0	2	2	-
18586, 32939	Red, White and Blue Bread	57	170	35	3.5	5	2	10	0	10	3	140	6	30	10	2	8	11	4	2	2	0	6	-
43394, 43395	Olive Bread	57	140	25	3	5	0	0	0	0	0	330	14	26	9	1	4	0	4	0	0	0	8	-
12074	Spinach Parmesan Fougasse	57 (2 slices)	140	30	3.5	5	1	4	0	5	1	320	13	21	7	1	4	1	6	10	4	6	8	-
87878, 31093	Apple Cider Golden Raisin Bread	57	130	5	0	1	0	0	0	0	0	180	7	27	9	1	5	8	4	0	0	2	8	-
44347	Pretzel Bite Tub, 6 Bites	51	140	20	2.5	4	0	0	0	0	0	150	6	25	8	1	4	2	3	0	6	0	6	-
44347	Pretzel Bite with Salt, 6 Bites	51	140	20	2.5	4	0	0	0	0	0	390	17	25	8	1	4	2	3	0	6	0	6	-
44660	Pretzel Twist, Large	50	130	20	2	3	0	0	0	0	0	230	10	24	8	1	4	0	5	0	0	4	2	-
44659	Pretzel Twist, Small	72	180	25	2.5	4	0	0	0	0	0	320	13	33	11	1	4	1	6	0	0	6	2	-
26959, 26955	Stollen Bread	85	350	140	16	25	5	25	0	5	2	140	6	48	16	2	8	25	5	2	0	4	10	-
20536, 31391	Cranberry Orange Bread	61	190	35	4	6	2	11	0	10	3	160	7	34	11	1	5	14	4	2	0	0	6	-