



# Great Harvest Bread Co.®

## WHOLE GRAIN BREAD NUTRITION FACTS

Baked from scratch breads made with our premium fresh ground (on site!) 100% whole grain flour.

WHOLE GRAIN BREAD	CALORIES	FAT	CARBS	FIBER	SUGAR	SODIUM	PROTEIN	CHOLESTEROL
Apple Crunch	150	2g	31g	4g	10g	280g	4g	10mg
Apricot Almond	130	1.5g	27g	4g	9g	310mg	4g	0mg
Breakfast Blast	130	1.5g	28g	4g	9g	210mg	4g	0mg
Carrot Poppyseed	110	1g	24g	3g	5g	290mg	4g	0mg
Cherry Apple Berry	130	0.5g	29g	4g	8g	280mg	4g	0mg
Cherry Walnut	140	2g	28g	3g	11g	270mg	4g	0mg
Cinnamon Chip Wheat	150	3g	28g	3g	10g	280mg	4g	0mg
Cinnamon Raisin Walnut	130	2g	27g	3g	8g	310mg	4g	0mg
Cranberry Orange	120	0g	29g	3g	11g	280mg	3g	0mg
Dakota	150	4g	25g	4g	5g	270mg	5g	0mg
Flax Oatbran	130	4g	23g	4g	6g	320mg	4g	0mg
Golden Wheat	140	0.5g	29g	4g	6g	310mg	4g	0mg
High 5 Fiber	140	4g	25g	5g	5g	230mg	5g	0mg
Honey Whole Wheat	120	0.5g	26g	3g	6g	330mg	4g	0mg
Nine Grain	130	0.5g	27g	4g	5g	280mg	4g	0mg
Oatmeal Poppyseed	130	1g	26g	4g	6g	310mg	4g	0mg
Pecan Swirl	180	7g	28g	4g	11g	220mg	4g	5mg
Raisin Cinnamon Chip	150	2.5g	30g	3g	12g	240mg	4g	0mg
Rosemary Garlic	120	0.5g	26g	4g	6g	320mg	4g	0mg
Star Spangled Swirl	150	1.5g	32g	4g	14g	240mg	3g	0mg
Sunflower	130	2.5g	26g	4g	6g	300mg	4g	0mg
Whole Grain Goodness	130	2.5g	24g	4g	4g	240mg	4g	0mg

All nutrition facts are based on a one slice (approx. 56g) serving size.