



# Cranberry Pecan LOAF

<b>Nutrition Facts</b>			
Serving Size 1 1/4" slice (57g/2oz)			
Servings Per Container: about 9			
Amount Per Serving			
<b>Calories</b> 150	Calories from Fat 25		
% Daily Value*			
<b>Total Fat</b> 2.5g	<b>4%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 240mg	<b>10%</b>		
<b>Total Carbohydrate</b> 30g	<b>10%</b>		
Dietary Fiber 2g	<b>10%</b>		
Sugars 4g			
<b>Protein</b> 4g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 8%		
Thiamin 15%	Riboflavin 6%		
Niacin 8%	Folate 10%		
* Percent Daily Values (%DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIA-CIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, GRAIN & SEED BLEND (CRACKED WHEAT, CRACKED BARLEY, CRACKED YELLOW CORN, CRACKED RYE, FLAX SEEDS, MILLET, STEEL CUT OATS), WHOLE WHEAT FLOUR, CRANBERRIES, PECANS, CON-TAINS LESS THAN 2% OF EACH OF THE FOLLOWING: ROLLED OATS, SUGAR, HONEY, SALT, YEAST, WHEAT FLOUR, SUN-FLOWER OIL.

CONTAINS WHEAT, PECANS

PROCESSED IN A FACILITY THAT ALSO USES PECANS, WALNUTS, SOY AND CORN.