

# Nutritional Information for Website

## Wheat Based Bread

### French Bread/Baguettes

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 160</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0.1 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 420 mg</b>	<b>18 %</b>
<b>Carbohydrate / Glucides 32 g</b>	<b>11 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	0 %
Iron / Fer	15 %

### 100% Whole Wheat Bread

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 1 g</b>	<b>2 %</b>
Saturated / saturés 0.4 g + Trans / trans 0 g	<b>2 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 390 mg</b>	<b>16 %</b>
<b>Carbohydrate / Glucides 34 g</b>	<b>11 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines 7 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	2 %
Iron / Fer	15 %

### White Bread

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (50 g) Portion 2 tranches (50 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 130</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>
Saturated / saturés 0.2 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 220 mg</b>	<b>9 %</b>
<b>Carbohydrate / Glucides 24 g</b>	<b>8 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 2 g	
<b>Protein / Protéines 5 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

### Sprouted Wheat

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (64 g) Portion 2 tranches (64 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 150</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>
Saturated / saturés 0.5 g + Trans / trans 0.2 g	<b>3 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 270 mg</b>	<b>11 %</b>
<b>Carbohydrate / Glucides 28 g</b>	<b>9 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines 5 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	25 %
Calcium / Calcium	10 %
Iron / Fer	10 %

### Multigrain Bread

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 3 g</b>	<b>5 %</b>
Saturated / saturés 0.3 g + Trans / trans 0 g	<b>2 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 310 mg</b>	<b>13 %</b>
<b>Carbohydrate / Glucides 30 g</b>	<b>10 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 2 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	15 %

### Honey Oat Granola

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (65 g) / Portion (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0.1 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 160 mg</b>	<b>7 %</b>
<b>Carbohydrate / Glucides 36 g</b>	<b>12 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 8 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	70 %
Calcium / Calcium	2 %
Iron / Fer	15 %

## Foccacia Bread

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 160</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0.1 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 420 mg</b>	<b>18 %</b>
<b>Carbohydrate / Glucides 32 g</b>	<b>11 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	0 %
Iron / Fer	15 %

## Nordic Trail

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (50 g) Portion 2 tranches (50 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 120</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>
Saturated / saturés 0.2 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 85 mg</b>	<b>4 %</b>
<b>Carbohydrate / Glucides 23 g</b>	<b>8 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines 5 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	10 %

## Ancient Grain

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 3 g</b>	<b>5 %</b>
Saturated / saturés 0.3 g + Trans / trans 0 g	<b>2 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 310 mg</b>	<b>13 %</b>
<b>Carbohydrate / Glucides 30 g</b>	<b>10 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 2 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	15 %

## Raisin Bread

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (65 g) / Portion (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0.1 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 160 mg</b>	<b>7 %</b>
<b>Carbohydrate / Glucides 36 g</b>	<b>12 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 8 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	70 %
Calcium / Calcium	2 %
Iron / Fer	15 %

# RYE BASED BREAD

## Light Rye

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 140	
<b>Fat / Lipides</b> 2.5 g	<b>4 %</b>
Saturated / saturés 1 g + Trans / trans 0 g	<b>5 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate / Glucides</b> 23 g	<b>8 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

## Swirl (Marble) Rye

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 140	
<b>Fat / Lipides</b> 2.5 g	<b>4 %</b>
Saturated / saturés 1 g + Trans / trans 0 g	<b>5 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate / Glucides</b> 23 g	<b>8 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

## Winnipeg Rye

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 140	
<b>Fat / Lipides</b> 2.5 g	<b>4 %</b>
Saturated / saturés 1 g + Trans / trans 0 g	<b>5 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate / Glucides</b> 23 g	<b>8 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

## Crispy Onion Rye

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (65 g) / Portion (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 160	
<b>Fat / Lipides</b> 2 g	<b>3 %</b>
Saturated / saturés 0.2 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 280 mg	<b>12 %</b>
<b>Carbohydrate / Glucides</b> 30 g	<b>10 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	2 %
Iron / Fer	15 %

## Pumpernickel Rye

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (64 g) Portion 2 tranches (64 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 150	
<b>Fat / Lipides</b> 1.5 g	<b>2 %</b>
Saturated / saturés 0.5 g + Trans / trans 0.2 g	<b>3 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate / Glucides</b> 28 g	<b>9 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	25 %
Calcium / Calcium	10 %
Iron / Fer	10 %

## Russian Rye

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (64 g) Portion 2 tranches (64 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 150	
<b>Fat / Lipides</b> 1.5 g	<b>2 %</b>
Saturated / saturés 0.5 g + Trans / trans 0.2 g	<b>3 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate / Glucides</b> 28 g	<b>9 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	25 %
Calcium / Calcium	10 %
Iron / Fer	10 %

## SOURDOUGH

### San Fran Sour

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (64 g)	
Portion 2 tranches (64 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 155	
Fat/Lipides 1.8 g	<b>2</b>
%	
Saturated/ saturés 0.3 g + Trans/ trans 0 g	<b>1</b>
%	
Cholesterol / Cholestérol 0 mg	<b>0</b>
%	
Sodium / Sodium 509 mg	<b>16</b>
%	
Carbohydrate / Glucides 28 g	<b>3</b>
%	
Fibre / Fibres 1.2 gr	<b>7</b>
%	
Sugars / Sucres 2.2 g	

### Walnut Sour

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (55 g)	
Portion 2 tranches (55 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 175	
Fat/Lipides 2.5 g	<b>2</b>
%	
Saturated/ saturés 0.3 g + Trans/ trans 0 g	<b>1</b>
%	
Cholesterol / Cholestérol 0 mg	<b>0</b>
%	
Sodium / Sodium 509 mg	<b>16</b>
%	
Carbohydrate / Glucides 28 g	<b>3</b>
%	
Fibre / Fibres 3 gr	<b>12</b>
%	
Sugars / Sucres 4.0 g	

### Multigrain Sour

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g)	
Portion 3 tranches (65 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 170	
Fat / Lipides 3 g	<b>5 %</b>
Saturated / saturés 0.3 g + Trans / trans 0 g	<b>2 %</b>
Cholesterol / Cholestérol 0 mg	<b>0 %</b>
Sodium / Sodium 310 mg	<b>13 %</b>
Carbohydrate / Glucides 30 g	<b>10 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 2 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	15 %

## ALTERNATIVE FLOUR

### Spelt

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (65 g)	
Portion 2 tranches (65 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 170	
Fat/Lipides 1.8 g	<b>2</b>
%	
Saturated/ saturés 0.3 g + Trans/ trans 0 g	<b>2</b>
%	
Cholesterol / Cholestérol 0 mg	<b>0</b>
%	
Sodium / Sodium 135 mg	<b>6</b>
%	
Carbohydrate / Glucides 28 g	<b>10</b>
%	
Fibre / Fibres 2 gr	<b>8 %</b>
Sugars / Sucres 0 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	<b>0</b>

### Flax Spelt

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (65 g) / Portion (65 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 170	
Fat / Lipides 3 g	<b>5 %</b>
Saturated / saturés 0.3 g + Trans / trans 0 g	<b>2 %</b>
Cholesterol / Cholestérol 0 mg	<b>0 %</b>
Sodium / Sodium 135 mg	<b>6 %</b>
Carbohydrate / Glucides 29 g	<b>10 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 0 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	2 %
Iron / Fer	15 %

### Low Carb

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 slice (28 g)	
Portion 1 tranche (28 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 70	
Fat/Lipides 2.0 g	<b>3</b>
%	
Saturated/ saturés 0.4 g + Trans/ trans .1 g	<b>3</b>
%	
Cholesterol / Cholestérol 0 mg	<b>0</b>
%	
Sodium / Sodium 80 mg	<b>3</b>
%	
Carbohydrate / Glucides 8 g	<b>3</b>
%	
Fibre / Fibres 3 gr	<b>12</b>
%	
Sugars / Sucres 1 g	
Protein / Protéines 6 g	

# Commercial List - Bread

## 100% Whole Wheat Sandwich

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 170	
<b>Fat / Lipides</b> 1 g	<b>2 %</b>
Saturated / saturés 0.4 g	<b>2 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 390 mg	<b>16 %</b>
<b>Carbohydrate / Glucides</b> 34 g	<b>11 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 7 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	2 %
Iron / Fer	15 %

## White Sandwich

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (50 g) Portion 2 tranches (50 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 1.5 g	<b>2 %</b>
Saturated / saturés 0.2 g	<b>1 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 220 mg	<b>9 %</b>
<b>Carbohydrate / Glucides</b> 24 g	<b>8 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 2 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

## Multigrain Sandwich

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 170	
<b>Fat / Lipides</b> 3 g	<b>5 %</b>
Saturated / saturés 0.3 g	<b>2 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 310 mg	<b>13 %</b>
<b>Carbohydrate / Glucides</b> 30 g	<b>10 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 2 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	15 %

## Swirl Rye Sandwich

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 140	
<b>Fat / Lipides</b> 2.5 g	<b>4 %</b>
Saturated / saturés 1 g	<b>5 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate / Glucides</b> 23 g	<b>8 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

## Sourdough Sandwich

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 slices (64 g) Portion 2 tranches (64 gr)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories/Calories</b> 155	
<b>Fat/Lipides</b> 1.8 g	<b>2%</b>
Saturated/ saturés 0.3 g	
+ Trans/ trans 0 g	
<b>1%</b>	
<b>Cholesterol / Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium / Sodium</b> 509 mg	<b>16%</b>
<b>Carbohydrate / Glucides</b> 28 g	<b>3%</b>
Fibre / Fibres 1.2 gr	<b>7%</b>
Sugars / Sucres 2.2 g	
<b>Protein / Proteines</b> 6 g	
<b>Vitamin A / Vitamine A</b>	<b>0%</b>
<b>Vitamin C / Vitamine C</b>	<b>3%</b>

## Foccacia Slab

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 3 slices (65 g) Portion 3 tranches (65 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 160	
<b>Fat / Lipides</b> 0.5 g	<b>1 %</b>
Saturated / saturés 0.1 g	<b>1 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 420 mg	<b>18 %</b>
<b>Carbohydrate / Glucides</b> 32 g	<b>11 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	0 %
Iron / Fer	15 %