

BREAD NUTRITION FACTS

<i>Bread Type</i>	<i>Fat</i>	<i>Cholesterol</i>	<i>Sodium</i>	<i>Carb's</i>	<i>Fiber</i>	<i>Sugar</i>	<i>Protein</i>	<i>Calories</i>	<i>Calories from Fat</i>
<i>American Rye</i>	0g / 0%	0mg / 0%	370mg/15%	22g/7%	2g/8%	3 g	3 g	110	0
<i>Asiago Pesto</i>	2.5g / 4%	10 mg / 2%	270mg/11%	19g /6%	3 g /12%	4g	5g	120	30
<i>Challah</i>	0.5g / 1%	25mg / 6%	220g/9%	22g/7%	1g/4%	5 g	3 g	110	5
<i>Challah w/Cinn. Chip Raisin</i>	3.5g / 5%	30mg / 8%	250mg/10%	26g/9%	1g/4%	10 g	3 g	120	25
<i>Cheddar Roasted Garlic</i>	4g / 6%	15mg/4%	320g/13%	18g/6%	3g /12%	3 g	5 g	130	30
<i>Cinnamon Chip</i>	3g / 5%	5mg / 2%	310mg/13%	22g/7%	3g/12%	7 g	3 g	120	20
<i>Cinnamon Chip Blast</i>	3g / 5%	5mg / 2%	310mg/13%	29g/10%	2g/8%	12 g	3g	160	20
<i>Cinnamon Pecan Swirl</i>	2.5g	0mg /0%	200mg/7%	24g/8%	2g/8%	10 g	3g	140	20
<i>Cinnamon Swirl</i>	0g / 1%	0mg / 0%	210mg/8%	24g/8%	2g/8%	6 g	3 g	110	0
<i>Cranberry Almond Swirl</i>	1.5g / 2%	0mg / 0%	150mg/5%	27g/9%	2g/8%	13 g	5 g	130	10
<i>Dakota</i>	3g / 5%	0mg / 0%	220mg/9%	19g/6%	3g/12%	5 g	5 g	120	25
<i>Focaccia</i>	2g / 3%	0mg / 0%	370mg/15%	29g/10%	1g/4%	4g	4 g	140	20
<i>Harvest White</i>	0g/ 0%	0 mg / 0%	390 mg /16%	24g /8%	1g / 4%	5 g	3 g	110	0
<i>High Five Fiber</i>	3g / 5%	0mg / 0%	240mg/10%	25g/8%	5g/20%	5 g	5 g	140	0
<i>Honey Whole Wheat</i>	0g / 0%	0mg / 0%	310mg/13%	22g/7%	3g/12%	6 g	3 g	100	0
<i>Light Wheat</i>	0g / 0%	0mg / 0%	390mg/16%	23g/8%	2g/7%	5 g	3 g	100	0
<i>Monkey Bread</i>	0g / 0%	0mg / 0%	210mg/8%	24g/8%	2g/8%	6 g	3 g	110	0
<i>Prairie Bread</i>	0.5g / 1%	0mg / 0%	290mg/12%	22g/7%	2g/8%	5 g	4 g	110	5
<i>Santa Fe Cornbread</i>	3g / 5%	5mg / 2%	270mg/11%	19g/6%	1g/2%	3 g	3 g	120	25
<i>Hard Crusted Sourdough</i>	0g / 0%	0mg / 0%	250mg/10%	24g/8%	1g/4%	0 g	3 g	110	0
<i>Spinach Feta</i>	3g / 5%	10mg / 3%	360mg/15%	17g/6%	2g/8%	4 g	4 g	110	25
<i>Sunflower</i>	2g / 3%	0g / 0%	290mg/12%	22g/7%	3g/12%	6 g	4 g	110	20

Serving Size: 50g (1.75 oz) There are approximately 15 servings in a loaf. Notations made in "Amount Percent Daily Values" are based on a 2000 calorie diet. Nutritional values for breads with fillings or toppings such as nuts, grains or cheese are approximate only.

 **Great Harvest Bread Co.**

Colorado Springs

12229 Voyager Parkway - phone **528-6442**

1466 Garden of the Gods - phone **635-7379**

WHAT'S IN OUR BREAD?

BREAD VARIETY	INGREDIENTS
<i>American rye</i>	<i>Rye flour, unbleached white flour, water, Molasses, Caraway Seed, Corn Sweetener, yeast, and salt</i>
<i>Asiago Pesto</i>	<i>Unbleached White Flour, Water, Honey, Olive Oil, Asiago Cheese, Pesto, Onion, Garlic, Yeast, Salt and Egg Wash</i>
<i>Challah</i>	<i>Unprocessed White Flour, Egg Yolks, Water, Honey, Yeast, Salt and Egg Wash</i>
<i>Challah w/Cinn. Chips & Raisins</i>	<i>Unprocessed White Flour, Egg Yolks, Water, Honey, Yeast, Golden Raisins, trans-fat free Cinnamon Chips, Salt and Egg Wash</i>
<i>Cheddar Roasted Garlic</i>	<i>Harvest white dough with cheddar cheese, minced garlic and minced onions</i>
<i>Cinnamon Chip</i>	<i>Light wheat dough with trans-fat free cinnamon chips</i>
<i>Cinnamon Chip Blast</i>	<i>Cinnamon Swirl with trans-fat free cinnamon chips</i>
<i>Cinnamon Pecan Swirl</i>	<i>Cinnamon Swirl with pecans</i>
<i>Cinnamon Swirl</i>	<i>Whole Grain Golden Wheat flour, Water, Brown Sugar, Corn Sweetener, Cinnamon, Yeast, Salt and Egg Wash</i>
<i>Cranberry Almond Swirl</i>	<i>Whole grain wheat dough with cranberries, almonds, brown sugar and butter</i>
<i>Dakota</i>	<i>Roasted pumpkin seeds, sunflower seeds, millet, and poppy seeds get mixed into our whole grain wheat dough.</i>
<i>Foccacia</i>	<i>Unbleached White Flour, Water, Yeast, Corn Sweetener, Olive Oil, Parmesan Cheese, Salt, Oregano, Minced garlic, Basil, Thyme, Black Pepper, Parsley and egg Wash</i>
<i>Harvest White</i>	<i>Unbleached, unprocessed white flour with water, fresh yeast, honey and salt.</i>
<i>High 5 Fiber</i>	<i>Whole wheat flour, water, honey, Flax Seeds, Millet, Oat Bran, Sunflower Seeds, Wheat Bran, yeast, salt and egg wash.</i>
<i>Honey Whole Wheat</i>	<i>Freshly milled whole grain wheat flour with water, Colorado honey, fresh yeast, and salt .</i>
<i>Light Wheat</i>	<i>A 1/2 and 1/2 mixture of our Honey Whole Wheat and Harvest White dough</i>
<i>Monkey Bread</i>	<i>Whole grain wheat flour, Unbleached white flour, Corn Sweetener, Brown Sugar, Apple sauce, eggs, Cinnamon, Yeast and Salt</i>
<i>Prairie Bread</i>	<i>Whole Wheat Flour, Unprocessed white flour, water, Colorado Honey, Molasses, Barley, Hulled Buckwheat, Corn, Flax, Millet, Oats, Red Wheat, Rye, White Wheat, Rolled Oats, Yeast, Salt and Egg Wash</i>
<i>Santa Fe Cornbread</i>	<i>Unprocessed white flour, water, honey, cornmeal, cheddar cheese, butter milk, corn, jalapeño peppers, tomatoes, butter, onion, yeast, salt and cilantro</i>
<i>Sourdough</i>	<i>Enriched White Flour, Water, Sourdough Starter, Salt, Yeast and Ascorbic Acid added as a dough strengthener, Egg wash</i>
<i>Spinach Feta</i>	<i>A mixture of our Honey Whole Wheat and Harvest White dough, Feta cheese, spinach, garlic, oregano, pepper. and egg wash</i>
<i>Sunflower</i>	<i>Our Honey Whole Wheat bread with sunflower seeds</i>

