

Great Harvest Bread Co.® **NUTRITION FACTS**

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Bread Type	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Breakfast Blast	1.5g / 2%	0mg / 0%	210mg / 9%	28g / 9%	4g / 14%	9g	4g	130	15
Butterscotch Delight	3g / 5%	0mg / 0%	250mg / 10%	29g / 10%	2g / 8%	10g	3g	160	25
Challah	.5g / 1%	15mg	230mg / 10%	23g / 8%	2g / 7%	5g	4g	110	5
Cinnamon Chip	3g / 4%	0mg / 0%	270mg / 11%	24g / 8%	3g / 10%	10g	3g	130	25
Cinnamon Raisin Walnut	2g / 3%	0mg / 0%	270mg / 11%	23g / 8%	3g / 10%	9g	3g	120	20
Cinnamon Swirl	2g / 3%	5mg / 2%	180mg / 8%	23g / 8%	2g / 8%	9g	3g	110	20
Cranberry Orange	0g / 0%	0mg / 0%	280mg / 12%	28g / 9%	3g / 12%	12g	3g	120	5
Dakota	3.5g /	0mg / 0%	240mg / 10%	21g / 7%	3g / 13%	5g	5g	130	30
Farmhouse White	0g / 0%	0mg / 0%	390mg / 16%	23g / 8%	1g / 2%	5g	3g	110	0
Georgia Herb	.5g / 1%	0mg / 0%	320mg / 13%	27g / 9%	3g / 13%	6g	4g	120	5
Honey Wheat	0g / 0%	0mg / 0%	290mg / 12%	23g /	3g / 11%	6g	3g	100	0
Merry Berry									
Monkey Bread	2g / 3%	5mg / 2%	180mg / 8%	23g / 8%	2g / 8%	9g	3g	110	20
Nine Grain	.5g / 1%	0mg / 0%	250mg / 10%	23g / %	3g / 11%	5g	4g	110	5
Popeye	1g / 2%	0mg / 0%	360mg / 15%	17g / 6%	1g / 5%	4g	4g	90	10
Pumpernickel Rye	0mg	0g / 0%	310mg / 13%	23g / 8%	3g / 10%	4g	4g	120	5
Rosemary Garlic	.5g / 1%	0mg / 0%	320mg / 14%	26g / 9%	4g	6g	4g	120	5
Sourdough	0g / 0%	0mg / 0%	230mg / 10%	21g / 7%	1g / 4%	0g	3g	100	0
Stollen	4g / 6%	10mg / 3%	280mg / 12%	24g / 8%	2g / 7%	10g	4g	140	35
Stuffing Bread	0g / 0%	0mg / 0%	250 / 10%	21g / 7%	3g / 13%	4g	3g	100	5
White Choc. Cranberry Orange	2g / 3%	0mg / 0%	210mg / 10%	26g / 9%	1g / 4%	10g	3g	140	15
Whole Grain Goodness	3g / 4%	0mg / 0%	230mg / 10%	21g / 7%	3g / 14%	4g	4g	120	25
Woodstock	3g / 4%	0mg / 0%	230mg / 10%	21g / 7%	3g / 14%	4g	4g	120	25

Serving Size: 50g (1.75 oz). There are 20 servings in a 2.2 lb. (one kilogram) 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

WHAT'S IN OUR BREAD?



Great Harvest Bread Co.
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<i>Apple Scrapple</i>	One of our favorite fruit breads. Great for breakfast or as an afternoon snack. Freshly milled Whole Wheat Flour, White Flour, Fresh Granny Smith Apples, Brown Sugar, Dates, Apple Sauce, Cinnamon, Eggs, Vanilla, Invert
<i>Asiago Sourdough</i>	An original West Cobb spin on Sourdough. We use our European Sourdough and gently fold coarsely ground bits of Asiago cheese into the loaf. WOW! Unbleached un-bromated white flour, water, salt, yeast and ascorbic acid
<i>Breakfast Blast</i>	Cinnamon Chips, Roasted Pecans, Dates and All natural Invert Sugar highlight this great tasting bread. Cinnamon
<i>Challah</i>	Our beautifully braided egg bread ready for your evening celebration, French toast or sandwiches. Un-bleached un-
<i>Cinnamon Chip</i>	Cinnamon Chips, white flour or wheat flour, water, cinnamon, Invert Sugar, yeast, salt & water make one of our best
<i>Cinnamon Raisin Walnut</i>	One of our favorite breakfast wholegrain breads. Freshly Milled Whole Wheat Flour, Molasses, Cinnamon, Raisins, Walnuts, yeast, water, salt
<i>Cinnamon Swirl</i>	Whole Wheat Flour, Unbleached-Unbromated White Flour, Brown Sugar, Invert Sugar, Water, Butter, Cinnamon, Yeast and Salt. One of our best selling sweet breads!
<i>Dakota</i>	A whole grain bread that is filled with the great seedy taste of roasted pumpkin and sunflower seeds along with
<i>Farmhouse White</i>	Our farm house white bread is reminiscent of home made bread that perhaps your grandmother baked. Un-bleached un-bromated white flour, filtered water, Invert Sugar, yeast and salt
<i>Georgia Herb</i>	This flavorful bread makes a wonderful dinner compliment, sandwich bread or used as stuffing. Freshly milled whole wheat flour, unbleached un-bromated white flour, rye flour, all natural invert sugar, water, Onion, Dill, yeast and salt.
<i>Honey Wheat</i>	Freshly ground wheat flour of the highest protein content gets mixed together with filtered water, pure honey, yeast, and salt for a nutty, wheaty taste that made us famous. This is our best seller, and makes the perfect hostess or gratitude gift with a fruit spread or jam.
<i>Merry Berry</i>	Our specialty Christmas bread! Unbleached-Unbromated White Flour, white chocolate chips, dried cherries, dried blueberries, all natural invert sugar, water, salt and yeast. Topped with white powdered sugar.
<i>Nine Grain</i>	We take fresh ground, high protein, whole wheat flour, barley, hulled buckwheat, corn, flax seed, millet, rolled oats, red wheat, rye, and white wheat and wrap them together into a loaf that'll keep you as regular as the sunrise.
<i>Popeye</i>	Our best selling savory bread. Spinach, parmesan cheese, roasted red peppers, garlic and onion make this savory
<i>Pumpernickel</i>	Our traditional pumpernickel bread rye filled with great made from scratch flavor. Freshly milled whole wheat flour, rye flour, coarsely ground rye seeds (pumpernickel), caraway seeds, natural invert sugar, water, caramel coloring,
<i>Sourdough/Asiago Sourdough</i>	An authentic European hard crust bread. We use our sourdough starter, the finest unbleached unbromated white
<i>Stollen</i>	A great tasting, flavorful specialty fruit bread just for the holidays. Freshly milled whole wheat flour, white flour, Cinnamon, Apricots, Pecans, Walnuts, Lemon Puree, Orange Puree, Raisins, Rum Flavoring, corn sweetener, water salt, yeast
<i>Stuffing Bread</i>	Yes, you correctly read the name. Stuffing bread is actually a bread that tastes as good as Grandma's stuffing.....maybe better! Whole Wheat flour, unbleached un-bromated white flour, water, onion, celery, water, all natural
<i>White Chocolate Cranberry Orange</i>	A delightful Holiday bread filled with the great taste of dried cranberries, fresh oranges and the sweet taste of white chocolate. This wonderful bread is perfect for gifting. Unbleached unbromated white flour, freshly milled whole wheat flour, unbleached unbromated white flour, dried cranberries, white chocolate chips, oranges, all natural invert sugar, water, salt and yeast.
<i>Whole Grain Goodness</i>	Our best selling Whole Grain bread. We start with 100% freshly milled whole wheat flour, add Flax seed, millet, barley, oat bran, almonds, and pecans and turn this bread into a pick-me-up energy snack. It also puts a unique flair
<i>Woodstock</i>	A great tasting whole grain bread filled with freshly milled whole wheat flour, honey, water, walnuts, pecans, sunflower seeds, flax seeds, yeast and salt.