

COUNTRY LOAF

Nutrition Facts

16 servings per container

Serving size 1 slice (57g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 24g 9%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.2mg 6%

Potassium 120mg 2%

Vitamin A 0mcg 0%

Vitamin C 0mg 0%

Vitamin E 0.2mg 2%

Vitamin K 1mcg 0%

Thiamin 0.2mg 15%

Riboflavin 0.1mg 4%

Niacin 1.6mg 10%

Vitamin B6 0.1mg 8%

Folate 15mcg DFE 4%

Vitamin B12 0mcg 0%

Pantothenic Acid 0.2mg 4%

Phosphorus 120mg 10%

Magnesium 45mg 10%

Zinc 0.9mg 8%

Selenium 21mcg 35%

Copper 0.1mg 15%

Manganese 1.4mg 60%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.