

The Loaf

02/17/2016

Nutrition Facts	
Serving Size (531g) Servings Per Container	
Amount Per Serving	
Calories 920	Calories from Fat 300
% Daily Value*	
Total Fat 34g	52%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 2330mg	97%
Total Carbohydrate 124g	41%
Dietary Fiber 21g	84%
Sugars 51g	
Protein 37g	
Vitamin A 230% • Vitamin C 25%	
Calcium 60% • Iron 40%	
*Percent Daily Values 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	