

Great Harvest Bread Co. NUTRITION FACTS

Bread	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from fat
Apple Crunch	2g	10mg	240mg	24g	3g	5g	4g	110	15
Asiago Pesto	5g	5mg	390mg	20g	1g	2g	4g	150	50
Breakfast Blast	1.5g	0mg	190mg	25g	3g	8g	3g	120	10
Burley Bread	1.5g	0g	260mg	23g	3g	5g	4g	120	15
Caramel Apple	1.0g	0mg	230mg	26g	2g	11g	3g	110	10
Challa	0.5g	15mg	210mg	26g	2g	6g	4g	120	5
Cherry Apple Berry	0g	0mg	25mg	26g	3g	7g	4g	150	10
Cherry Walnut	1.5g	0mg	240mg	25g	3g	10g	3g	120	15
Cinnamon Chip	2.5g	0mg	300mg	26g	1g	9g	2g	130	20
Cinnamon Swirl	2.5g	5mg	220mg	27g	3g	11g	3g	140	20
Cinnamon Raisin Walnut	2g	0mg	280mg	24g	3g	7g	4g	120	15
Jalapeno Cornbread	2g	5mg	240mg	23g	3g	4g	3g	120	20
Country Wheat	0.5g	0mg	310mg	22g	3g	2g	4g	100	5
Cracked Pepper Parmesan	2.5g	5mg	350mg	21g	3g	4g	6g	120	25
Cranberry Orange	0g	0mg	250mg	25g	3g	11g	3g	110	5
Dakota	3.5g	0mg	240mg	22g	3g	5g	5g	130	30
Farmhouse White	0g	0mg	360mg	26g	1g	4g	3g	120	5
Focaccia	1g	0mg	330mg	26g	1g	4g	3g	130	10
Healthnut	3g	0mg	230mg	22g	3g	7g	4g	130	25
Hearty Caraway Rye	0.5g	0mg	290mg	23g	3g	2g	4g	110	5
High 5 Fiber	3.5	0mg	220mg	22g	5g	4g	5g	120	30

Honey Whole Wheat	0g	0mg	290mg	24g	3g	6g	4g	110	5
Irish Soda	0g	0mg	160mg	26g	2g	8g	3g	120	5
Merry Berry	1g	0mg	180mg	30g	4g	5g	4g	150	10
Nine Grain	0.5g	0mg	250mg	23g	3g	5g	4g	100	5
Panza Bread	2g	5mg	500mg	21g	2g	4g	4g	120	20
Peanut Butter Chocolate Chip	5g	0mg	290mg	25g	1g	7g	4g	160	45
Pecan Cinnamon Swirl	7g	5mg	200mg	25g	3g	10g	3g	160	60
Popeye	1g	0mg	320mg	21g	1g	3g	4g	110	10
Potato Chive	0g	0mg	290mg	23g	1g	4g	3g	110	0
Pumpernickel Rye	0.5g	0mg	310mg	22g	4g	2g	4g	110	5
Pumpkin Swirl	1.5g	0mg	180mg	26g	1g	10g	3g	130	15
Red, White & Blueberry	0g	0mg	320mg	27g	1g	7g	3g	130	5
Spinach Feta	3g	0mg	350mg	18g	2g	4g	4g	110	25
Sundried Tomato Swiss	4g	10mg	340mg	20g	1g	4g	5g	140	35
Sunflower	2g	0mg	270mg	23g	3g	5g	4g	120	20
White Cheddar Garlic	2.5g	10mg	340mg	20g	1g	4g	5g	140	35
White Chocolate Cherry Swirl	2.5g	5mg	220mg	28g	1g	7g	3g	140	20
Whole Grain Goodness	2.5g	0mg	220mg	21g	4g	3g	4g	110	20
Woodstock	3.5g	0mg	230mg	21g	3g	5g	4g	130	30

Serving Size: 50g (1.75oz) Approximately 1 slice of bread. There are 20 servings in a 2.2 lb. (one kilogram) loaf. Notations made in "Amount Percent Daily Values" are based on 2000 calorie diet. Nutritional values with fillings or toppings such as nuts, grains or cheese are approximate only.