

**DUDLEY'S BAKERY, INC.**  
**30218 HIGHWAY 78**  
**SANTA YSABEL, CA 92070**  
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**Multi Grain Walnut Bread (47 g) – Dudley's Bakery**

One 47 gram slice contains 19 grams Whole Grain

<b>Nutrition Facts</b>	
Serving Size 1 Slice (47g)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 4g	
<b>Protein 6g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
Thiamin 0%	• Riboflavin 0%
Niacin 0%	• Folate 0%
*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	

**Ingredients:**

WHOLE WHEAT FLOUR, WATER, WALNUTS, SUGAR, FLAXSEED, VITAL WHEAT GLUTEN, HONEY, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALT BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SESAME SEEDS, CRACKED OATS, SUNFLOWER SEEDS, COTTONSEED OIL, MOLASSES, PALM OIL, INVERT SUGAR, VINEGAR, CALCIUM SULFATE, WHEAT STARCH, WHEAT FLOUR, ENZYMES, SALT.

**Notes:**

CONTAINS: WHEAT, WALNUTS