

DUDLEY'S BAKERY, INC.
 30218 HIGHWAY 78
 SANTA YSABEL, CA 92070
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Russian Pumpernickel Bread (42 g) - Dudley's Bakery

Nutrition Facts	
Serving Size 1 Slice (42g)	
Servings Per Container 16	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
Thiamin 10%	• Riboflavin 6%
Niacin 8%	• Folate 10%
*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:

ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALT BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, RYE FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: RYE MEAL, SALT, CARAMEL COLOR, PALM OIL, VINEGAR, SOYBEAN OIL, SUGAR, SPICES, WHEAT FLOUR, LACTIC ACID, CALCIUM SULFATE, SOY LECITHIN, ENZYMES.

CONTAINS: WHEAT, SOY

Notes: