



Our Products



Products

Live Light Honey Wheat Bread

UPC: 71314059114

Net Weight: 20oz (1lbs 4oz)
567g

Dimensions:

With fewer calories than regular bread and 20% of your daily fiber, this light and tasty bread is good toasted or part of your favorite sandwich.

WATER, WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], OAT FIBER, WHEAT GLUTEN, MODIFIED FOOD STARCH (POTATO), YEAST, HONEY, POLYDEXTROSE (DIETARY FIBER), FERMENTED WHEAT SOURDOUGH, SALT, GUAR GUM, XANTHAN GUM, DATEM, POTASSIUM CHLORIDE, NATURAL FLAVOR, CALCIUM PROPIONATE (A PRESERVATIVE), SOYBEAN OIL, MONOGLYCERIDES, CALCIUM SULFATE AND MONOCALCIUM PHOSPHATE, CITRIC ACID, CALCIUM PHOSPHATE, ASCORBIC ACID.

Contains wheat ingredients.

Nutrition Facts

12 Servings per container

Serving size

2 slices (47g)

Amount per serving

CALORIES

80

% of Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat | |
| 0g | |
| Monounsaturated Fat | |
| 0g | |
| Cholesterol 0mg | 0% |
| Sodium 180mg | 8% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 7g | 25% |
| Soluble Fiber 1g | |
| Insoluble Fiber 4g | |
| Total Sugar 2g | |
| Includes 1mg | |
| Added Sugars | |
| Protein 4mg | |
| Vitamin D 0mcg | 0% |
| Calcium 130mg | 10% |
| Iron 1mg | 6% |
| Potassium 85mg | 2% |
| Thiamine 0.1mg | 8% |
| Riboflavin 0.1mg | 8% |
| Niacin 1mg | 6% |
| Folate 27mcg DFE (Folic Acid) | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

While we make every effort to post the most current product nutrition facts and ingredients on this website, your best source of product information is printed on the package you purchase.