



Live Light Whole Grain Bread



This bread has fewer calories than regular bread and provides at least 20% of the recommended grams of fiber health experts suggest.



No high fructose corn syrup



Zero grams of trans fats



Pareve

Ingredients

WATER, WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WHEAT GLUTEN, RESISTANT WHEAT STARCH, YEAST, OAT FIBER, SUGAR, POLYDEXTROSE (DIETARY FIBER), WHEAT PROTEIN ISOLATE, SALT, SOYBEAN OIL, VINEGAR, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, SODIUM STEAROYL LACTYLATE, DATEM, SORBIC ACID, SOYBEAN OIL (HYDROGENATED), WHEAT STARCH, DEXTROSE, NATURAL FLAVOR, CITRIC ACID, NATAMYCIN (A PRESERVATIVE), CALCIUM PHOSPHATE, ASCORBIC ACID, SESAME; TOPPED WITH OAT BRAN.

Contains wheat and sesame ingredients.

Nutrition Facts

12 Servings per container

Serving size 2 slices (47g)

Amount per serving Calories

	% of Daily Value*
Total Fat 1g 1%	0g 0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
	0mg 0
Cholesterol 0mg 0%	105mg 5%
Sodium 210mg 9%	10g 4%
Total Carbohydrate 19g 7%	4g 14%
Dietary Fiber 7g	25%
Soluble Fiber 0g	
Insoluble Fiber 6g	
Total Sugar 1g	
Includes Added Sugars	
Protein 5g	
Vitamin D	0mcg
Calcium	40mg
Iron	1mg
Potassium	50mg
Thiamine	
Riboflavin	0.1mg
Niacin	
Folate (Folic Acid)	

*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.

UPC: 071314001854

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

Specifications

Count:
8 ct. / 20 oz.

Dimensions:
11" L x 4" W x 4" H

Availability:
Tuesday, Thursday, Friday,
Saturday



