



## Live Carb Smart® 5 Seed Bread



UPC: 071314049719

Net Weight: 14oz (0lbs 14oz)  
397g

Five, count 'em, FIVE-seed bread—and it's keto-friendly. Pumpkin, sunflower, flax, sesame and chia seeds are naturally delicious, and kind on your waistline.



No high fructose corn syrup



Zero grams of trans fats



Pareve

### Specifications

**Count:**  
14 (12+2) / 14 oz.

**Dimensions:**  
8" L x 4" W x 4" H

**Availability:**  
Monday, Thursday, Saturday

### Ingredients

RESISTANT WHEAT STARCH, WATER, WHEAT GLUTEN†, YEAST, WHEAT PROTEIN ISOLATE†, ALLULOSE, OAT FIBER†, CONTAINS LESS THAN 2% OF INULIN†, BROWN FLAX SEEDS†, GOLDEN FLAX SEEDS†, HULLED SESAME SEEDS, BLACK SESAME SEEDS, SUNFLOWER SEED KERNELS†, SOYBEAN OIL, VINEGAR, SALT, CALCIUM PROPIONATE (A PRESERVATIVE), POTASSIUM CHLORIDE, GUAR GUM, DEXTROSE†, CORN STARCH, NATURAL FLAVOR†, SORBIC ACID (A PRESERVATIVE), SOYBEAN OIL (HYDROGENATED), WHEAT STARCH, ASCORBIC ACID, NATAMYCIN (A PRESERVATIVE), SESAME. †adds a trivial amount of sugar

**Contains wheat and sesame ingredients.**

### Nutrition Facts

14 Servings per container

Serving size 1 slice (28g)

Amount per serving

**Calories 35**

	% of Daily Value*
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 9g	32%
Soluble Fiber 0g	
Insoluble Fiber 9g	
Total Sugar 0g	
Includes 0g Added Sugars	
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 50mg	2%

\*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.

