MARBLE RYE

Nutrition Facts
Serv. Size: 1 slice (48g)
Servings: 16
Calories 140
Fat cal 15
Sat fat cal 10
* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 2g	3%	**Total Carb.** 26g	9%
Sat. Fat 1g	5%	Fiber 2g	8%
Trans Fat 0g		Sugars 2g	
Cholest. <5mg	1%	**Protein** 5g	10%
Sodium 240mg	10%		

Vitamin A 0% • Vitamin C 4% • Calcium 0%
Iron 10% • Riboflavin 6% • Niacin 6% • Folate 8%

INGREDIENTS: UNBLEACHED WHEAT FLOUR, WATER, ORGANIC WHOLE RYE FLOUR, BUTTER (CREAM, NATURAL FLAVOR), UNSULPHURED MOLASSES , LESS THAN 2% OF: YEAST, SEA SALT, COCOA, WHEAT FLOUR, ENZYMES, CULTURED WHEAT STARCH, WHEAT FLOUR , CITRIC ACID

CONTAINS: MILK, WHEAT

Goodwin Creek
FARM & BAKERY
151 Goodwin Creek Trail
Afton, VA 22920
434.260.1135
www.aftonvirginia.com

0 850131 006262

MARBLE RYE

Nutrition Facts
Serv. Size: 1 slice (48g)
Servings: 16
Calories 140
Fat cal 15
Sat fat cal 10
* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 2g	3%	**Total Carb.** 26g	9%
Sat. Fat 1g	5%	Fiber 2g	8%
Trans Fat 0g		Sugars 2g	
Cholest. <5mg	1%	**Protein** 5g	10%
Sodium 240mg	10%		

Vitamin A 0% • Vitamin C 4% • Calcium 0%
Iron 10% • Riboflavin 6% • Niacin 6% • Folate 8%

INGREDIENTS: UNBLEACHED WHEAT FLOUR, WATER, ORGANIC WHOLE RYE FLOUR, BUTTER (CREAM, NATURAL FLAVOR), UNSULPHURED MOLASSES , LESS THAN 2% OF: YEAST, SEA SALT, COCOA, WHEAT FLOUR, ENZYMES, CULTURED WHEAT STARCH, WHEAT FLOUR , CITRIC ACID

CONTAINS: MILK, WHEAT

Goodwin Creek
FARM & BAKERY
151 Goodwin Creek Trail
Afton, VA 22920
434.260.1135
www.aftonvirginia.com

0 850131 006262