

Schar Artisan Multigrain

Nutrition Facts

6 servings per container

Serving size 2 slices (62g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 32g 12%

Dietary Fiber 5g 18%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 2g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 80mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.