

Schar Artisan Baker  
10 Grains & Seeds Bread

# Nutrition Facts

6 servings per container

**Serving size** 2 slices (62g)

**Amount Per Serving**

**Calories** 160

**% Daily Value\***

**Total Fat** 2.5g 3%

Saturated Fat 0.5g 3%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 180mg 8%

**Total Carbohydrate** 32g 12%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 3g Added Sugars 6%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.6mg 4%

Potassium 90mg 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.