TYPE OF FLOUR		BREADS	NUTRITION INFORMATION								ALLERGENS						
Fresh Milled 100% Whole Wheat Flour	Unbleached White Flour	Serving Size 1 Slice 56g (2 oz)	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Eggs	Dairy	Soy	Peanuts	Treenuts	Vegan*	Wheat
BLEND		Anadama	130	1.5	5	260	26	2	4	4		X					X
	X	Asiago Pesto Swirl	160	6	10	470	20	1	3	5	X	X	X				X
X		Apple Cinnamon Swirl	140	0	0	240	30	3	16	4						X	X
BLEND		Apple Scrapple	160	2	10	230	30	3	8	5	X	X					X
X		Breakfast Blast	140	1.5	0	210	26	4	9	5		X	X				X
X		Beer Bacon Cheddar	150	4	20	320	21	3	5	7		X					X
BLEND		Braided Spinach	120	1	5	370	22	2	4	5		X					X
BLEND		Carolina Caraway Rye	130	0.5	0	300	25	5	5	5						X	X
	X	Challah	130	1	15	270	26	2	5	5	X						X
	X	Cheddar Garlic	150	4	15	370	23	1	4	6	X	X					X
	X	Chocolate Babka	180	7	15	160	28	2	10	3	X	X	X				X
X		Dark Chocolate Cherry Swirl	140	2.5	5	260	29	3	8	4		X	X				X
	X	White Chocolate Cherry Swirl	150	2.5	5	240	32	1	10	3		X	X				X
X		Cinnamon Chip	150	3	0	300	26	3	11	4		X	X				X
X		Cracked Pepper Parmesan	140	2.5	10	400	21	4	4	7	X	X	X				X
X		Cranberry Orange	130	0	0	280	27	3	12	4						X	X
BLEND		Cranberry Orange Pecan	130	2	0	290	26	2	10	3					X	X	X
X		Dakota	150	4.5	0	290	22	4	5	6						X	X
X		Extreme Cinnamon Swirl	130	1.5	0	240	27	2	12	3		X	X				X
	X	Farmhouse White	130	0	5	390	28	1	5	4						X	X
X		Gouda and Stout	150	3	15	170	22	4	5	7		X					X
X		High 5 Fiber	140	3	0	230	23	5	5	5						X	X
X		High Protein Lo Carb Country Crunch	150	6	20	220	16	4	3	8	X		X		X		X
X		Honey Whole Wheat	100	0	0	290	23	3	6	3						X	X
	X	Irish Soda Bread	130	0.5	5	180	27	2	9	4		X					X
	X	Merry Berry Swirl	150	2.5	5	240	32	1	10	3		X	X				X
SPELT		North Carolina Spelt	160	1.5	0	170	33	3	5	6						X	
BLEND		Oregon Herb	130	0.5	0	320	25	3	6	4						X	X
BLEND		Pumpkin Swirl	140	1.5	5	190	29	2	11	3		X					X
BLEND		Pumpkin Nut Swirl	140	1.5	5	190	29	2	11	3		X			X		X
BLEND		Rosemary Garlic	130	0.5	0	320	24	4	6	5						X	X
BLEND		Spinach Feta	130	3	15	400	19	2	4	5		X					X
X		Star Spangled Swirl	150	1	0	250	31	4	14	4						X	X
X		Stuffing Bread	100	0	0	250	20	3	4	4						X	X
BLEND		Tuscan Herb	120	0.5	0	250	23	4	5	5						X	X