

# NEW CASCADIA

## TRADITIONAL<sup>®</sup>

THE GLUTEN-FREE ARTISANS™

# NUTRITION INFORMATION

Cinnamon Raisin Sandwich Bread

Nutrition Facts	
11 servings per container	
Serving size 1 slice (55g)	
Amount per serving	
<b>Calories</b>	<b>160</b>
	% Daily Value*
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 4g	17%
Total Sugars 4g	
Includes 0g Added Sugars	6%
<b>Protein</b> 3g	7%
Vitamin D	0%
Calcium	2%
Iron	6%
Potassium	3%

\* 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.

Farmhouse Sandwich Bread

Nutrition Facts	
11 servings per container	
Serving size 1 slice (50g)	
Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 3g	12%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	5%
Vitamin D	0%
Calcium	0%
Iron	4%
Potassium	2%

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Honey Gold Sandwich Bread

Nutrition Facts	
11 servings per container	
Serving size 1 slice (55g)	
Amount per serving	
<b>Calories</b>	<b>130</b>
	% Daily Value*
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 4g	17%
Total Sugars 2g	
Includes 2g Added Sugars	4%
<b>Protein</b> 3g	7%
Vitamin D	0%
Calcium	0%
Iron	4%
Potassium	3%

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Seeded Sandwich Bread

Nutrition Facts	
10 servings per container	
Serving size 1 slice (55g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
	% Daily Value*
<b>Total Fat</b> 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 4g	17%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	9%
Vitamin D	0%
Calcium	4%
Iron	10%
Potassium	4%

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Challah

Nutrition Facts	
10 servings per container	
Serving size 1 piece (57g)	
Amount per serving	
<b>Calories</b>	<b>220</b>
	% Daily Value*
<b>Total Fat</b> 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 130mg	43%
<b>Sodium</b> 470mg	19%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 4g	15%
Total Sugars 4g	
Includes 4g Added Sugars	8%
<b>Protein</b> 7g	13%
Vitamin D	2%
Calcium	2%
Iron	8%
Potassium	3%

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Marbled Whole Grain

Nutrition Facts	
11 servings per container	
Serving size 1 piece (50g)	
Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 3g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	5%
Vitamin D	0%
Calcium	2%
Iron	6%
Potassium	2%

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Cinnamon Raisin Bagel

Nutrition Facts	
8 servings per container	
Serving size 1/2 bagel (60g)	
Amount per serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 350mg	14%
<b>Total Carbohydrate</b> 32g	11%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 3g Added Sugars	6%
<b>Protein</b> 2g	5%
Vitamin D	0%
Calcium	2%
Iron	4%
Potassium	3%

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Rustic Baguette

Nutrition Facts	
9 servings per container	
Serving size 1 piece (57g)	
Amount per serving	
<b>Calories</b>	<b>120</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 330mg	14%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 3g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	5%
Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	2%

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Rustic Italian

Nutrition Facts	
8 servings per container	
Serving size 1 piece (57g)	
Amount per serving	
<b>Calories</b>	<b>120</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 320mg	13%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 3g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	5%
Vitamin D	0%
Calcium	0%
Iron	4%
Potassium	2%

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Everything Bagel

Nutrition Facts	
8 servings per container	
Serving size 1/2 bagel (60g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
	% Daily Value*
<b>Total Fat</b> 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 390mg	16%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 4g	15%
Total Sugars 3g	
Includes 3g Added Sugars	6%
<b>Protein</b> 3g	5%
Vitamin D	0%
Calcium	4%
Iron	6%
Potassium	3%

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Plain Bagel

Nutrition Facts	
8 servings per container	
Serving size 1/2 bagel (60g)	
Amount per serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 410mg	17%
<b>Total Carbohydrate</b> 30g	10%
Dietary Fiber 3g	14%
Total Sugars 2g	
Includes 2g Added Sugars	4%
<b>Protein</b> 2g	5%
Vitamin D	0%
Calcium	0%
Iron	4%
Potassium	2%

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Poppy Seed Bagel

Nutrition Facts	
8 servings per container	
Serving size 1/2 bagel (60g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
	% Daily Value*
<b>Total Fat</b> 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 400mg	16%
<b>Total Carbohydrate</b> 30g	10%
Dietary Fiber 4g	15%
Total Sugars 2g	
Includes 2g Added Sugars	4%
<b>Protein</b> 3g	5%
Vitamin D	0%
Calcium	4%
Iron	6%
Potassium	2%

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Sesame Seed Bagel

Nutrition Facts	
8 servings per container	
Serving size 1/2 bagel (60g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
	% Daily Value*
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 400mg	16%
<b>Total Carbohydrate</b> 30g	10%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 2g Added Sugars	4%
<b>Protein</b> 3g	5%
Vitamin D	0%
Calcium	2%
Iron	6%
Potassium	2%

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Hamburger Buns

Nutrition Facts	
4 servings per container	
Serving size 1 bun (100g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
	% Daily Value*
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 610mg	25%
<b>Total Carbohydrate</b> 48g	16%
Dietary Fiber 6g	26%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	10%
Vitamin D	0%
Calcium	0%
Iron	8%
Potassium	3%

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Hoagie Rolls

Nutrition Facts	
4 servings per container	
Serving size 1 roll (165g)	
Amount per serving	
<b>Calories</b>	<b>340</b>
	% Daily Value*
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 900mg	37%
<b>Total Carbohydrate</b> 71g	24%
Dietary Fiber 9g	38%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	14%
Vitamin D	0%
Calcium	0%
Iron	10%
Potassium	5%

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Dinner Rolls

Nutrition Facts	
6 servings per container	
Serving size 1 roll (80g)	
Amount per serving	
<b>Calories</b>	<b>170</b>
	% Daily Value*
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 450mg	19%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber 5g	19%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	7%
Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	2%

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Soft Rolls

Nutrition Facts	
6 servings per container	
Serving size 1 roll (80g)	
Amount per serving	
<b>Calories</b>	<b>300</b>
	% Daily Value*
<b>Total Fat</b> 14g	21%
Saturated Fat 2.5g	14%
Trans Fat 0g	
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 860mg	27%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber 5g	21%
Total Sugars 6g	
Includes 6g Added Sugars	12%
<b>Protein</b> 9g	19%
Vitamin D	4%
Calcium	2%
Iron	10%
Potassium	5%

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Seasoned Stuffing Mix

Nutrition Facts	
10 servings per container	
Serving size 1oz. (28g)	
Amount per serving	
<b>Calories</b>	<b>50</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 115mg	5%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 1g Added Sugars	2%
<b>Protein</b> 1g	3%
Vitamin D	0%
Calcium	0%
Iron	2%
Potassium	1%

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Market Street Granola

Nutrition Facts	
6 servings per container	
Serving size 1/2 cup (60g)	
Amount per serving	
<b>Calories</b>	<b>260</b>
	% Daily Value*
<b>Total Fat</b> 14g	22%
Saturated Fat 3.5g	17%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 130mg	5%
<b>Total Carbohydrate</b> 30g	10%
Dietary Fiber 4g	15%
Total Sugars 16g	
Includes 13g Added Sugars	26%
<b>Protein</b> 5g	10%
Vitamin D	0%
Calcium	4%
Iron	10%
Potassium	7%

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