

Full Report (All Nutrients) 45190025, THE REAL BREAD COMPANY, EZEKIEL BREAD, UPC: 893425002038
[Powered by LabelInsight](#)
Report Date: September 20, 2019 02:03 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer The Real Bread Company

Nutrient	Unit	Data points	Std. Error	1 SLICE 45g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	140	311
Protein	g	--	--	5.00	11.11
Total lipid (fat)	g	--	--	3.50	7.78
Carbohydrate, by difference	g	--	--	22.00	48.89
Fiber, total dietary	g	--	--	4.0	8.9
Sugars, total	g	--	--	5.00	11.11
Minerals					
Calcium, Ca	mg	--	--	20	44
Iron, Fe	mg	--	--	1.44	3.20
Sodium, Na	mg	--	--	170	378
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Thiamin	mg	--	--	0.000	0.000
Riboflavin	mg	--	--	0.068	0.151
Niacin	mg	--	--	2.000	4.444
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	--	--	2.502	5.560
Fatty acids, total polyunsaturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Nutrient	Unit	Data points	Std. Error	1 SLICE 45g	1 Value Per100 g
-----------------	-------------	------------------------	-------------------	------------------------	---------------------------------

Amino Acids

Other

Ingredients

FRESHLY GROUND: ORGANIC WHEAT, ORGANIC SPELT, BARLEY, MILLET, LENTILS, GREAT NORTHERN BEANS, PINTO BEANS, KIDNEY BEANS. WATER, RAW HONEY, EXTRA VIRGIN OLIVE OIL, NATURAL MINERAL SALT, YEAST, RICE BRAN. *Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017*