



Updated: 08/31/2021

## #78812 - RUSTICA® Whole Grain Multigrain Batard

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>2 oz piece (56g)</b>
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 81mg	2%
*The % Daily Value 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.	

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOURDOUGH STARTER (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, ENZYMES), WHOLE WHEAT FLOUR, SPECIALTY GRAIN BLEND (HULLED MILLET, CRACKED SORGHUM, GRANOLA OAT FLAKES, RYE FLAKES, AMARANTH, WHITE QUINOA, BROWN RICE MEAL, BUCKWHEAT FLOUR, BARLEY FLAKES, SPELT FLAKES), BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, FLAX SEEDS, SESAME SEEDS, SUNFLOWER SEEDS, PUMPKIN SEEDS, SEA SALT, DRY MALT.

CONTAINS: WHEAT, SESAME SEEDS.