

Banana Nut Bread

Nutrition Facts

Serving Size: 1 Slice (49g)
Servings Per Container: 10

Amount Per Serving

Calories 160 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

 Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 170mg **7%**

Total Carbohydrate 22g **7%**

 Dietary Fiber 2g **8%**

 Sugars 13g

Protein 2g

Vitamin A 4% • Vitamin C 2%

Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: BANANAS, ORGANIC EVAPORATED CANE SUGAR, GLUTEN FREE FLOUR, BUTTER, EGG, PECAN, SEA SALT, VANILLA EXTRACT, BAKING POWDER, BAKING SODA

CONTAINS: EGG, PECAN

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Blueberry Scone

Nutrition Facts

Serving Size: 1 scone (91g)

Servings Per Container: 1

Amount Per Serving

Calories 300 Calories from Fat 140

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 9g **45%**

Trans Fat 0.5g

Cholesterol 55mg **18%**

Sodium 570mg **24%**

Total Carbohydrate 35g **12%**

Dietary Fiber 4g **16%**

Sugars 10g

Protein 5g

Vitamin A 10% • Vitamin C 2%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT PASTRY FLOUR, CREAM CHEESE, BUTTER, BLUEBERRIES, ORGANIC EVAPORATED CANE SUGAR, ORGANIC WHOLE MILK, EGG, BAKING POWDER, VANILLA EXTRACT, SEA SALT

CONTAINS: MILK, EGG, WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Brownies

Nutrition Facts

Serving Size: (71g)

Servings Per Container: 1

Amount Per Serving

Calories 290 Calories from Fat 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 75mg **3%**

Total Carbohydrate 42g **14%**

Dietary Fiber 3g **12%**

Sugars 33g

Protein 4g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC EVAPORATED CANE SUGAR, EGG, BUTTER, UNSWEETENED CHOCOLATE, WHOLE WHEAT FLOUR, CORN SYRUP, VANILLA EXTRACT, SEA SALT

CONTAINS: EGG, WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Challah Bread

Nutrition Facts

Serving Size: 1 Slice (49g)

Servings Per Container: 14

Amount Per Serving

Calories 130 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 260mg **11%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, ORGANIC EVAPORATED CANE SUGAR, EGG, PURE OLIVE OIL, SEA SALT, YEAST

CONTAINS: EGG, WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Chocolate Chip Cookies

Nutrition Facts

Serving Size: 1 cookie (75g)

Servings Per Container: 1

Amount Per Serving

Calories 330 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 140mg **6%**

Total Carbohydrate 46g **15%**

Dietary Fiber 4g **16%**

Sugars 28g

Protein 4g

Vitamin A 8% • Vitamin C 0%

Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT PASTRY FLOUR, ORGANIC EVAPORATED CANE SUGAR, ORGANIC DARK CHOCOLATE CHIPS, BUTTER, EGG, BAKING POWDER, SEA SALT, VANILLA EXTRACT

CONTAINS: EGG, WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Cinnamon Raisin Bread

Nutrition Facts

Serving Size: 1 Slice (53g)
Servings Per Container: 14

Amount Per Serving

Calories 130 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, RAISINS, ORGANIC EVAPORATED CANE SUGAR, PURE OLIVE OIL, CINNAMON, VITAL WHEAT GLUTEN, YEAST, SEA SALT

CONTAINS: WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Cranberry Pecan Sourdough Bread

Nutrition Facts

Serving Size: 1 Slice (52g)
Servings Per Container: 14

Amount Per Serving

Calories 130	Calories from Fat 35
---------------------	----------------------

% Daily Value*

Total Fat 4g	6%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 3g	

Protein 4g

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SOURDOUGH STARTER, PECAN, DRIED CRANBERRIES, SEA SALT, BARLEY MALT FLOUR

CONTAINS: WHEAT, PECAN

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Croissant

Nutrition Facts

Serving Size: (90g)

Servings Per Container: 1

Amount Per Serving

Calories 230 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 400mg **17%**

Total Carbohydrate 46g **15%**

Dietary Fiber 6g **24%**

Sugars 8g

Protein 8g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR, ORGANIC WHOLE MILK, WATER, ORGANIC EVAPORATED CANE SUGAR, BUTTER, SEA SALT, YEAST, BARLEY MALT

CONTAINS: WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Deluxe Chocolate Chip Cookie

Nutrition Facts

Serving Size: (75g)

Servings Per Container: 1

Amount Per Serving

Calories 360 Calories from Fat 200

% Daily Value*

Total Fat 22g **34%**

Saturated Fat 12g **60%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 115mg **5%**

Total Carbohydrate 41g **14%**

Dietary Fiber 5g **20%**

Sugars 24g

Protein 4g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC EVAPORATED CANE SUGAR, WHOLE WHEAT PASTRY FLOUR, ORGANIC DARK CHOCOLATE CHIPS, BUTTER, PECAN, COCONUT, EGG, ORGANIC ROLLED OATS, BAKING POWDER, SEA SALT, VANILLA EXTRACT

CONTAINS: EGG, WHEAT, COCONUT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Double Chocolate Cookie

Nutrition Facts

Serving Size: 1 cookie (75g)

Servings Per Container: 1

Amount Per Serving

Calories 330 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 150mg **6%**

Total Carbohydrate 45g **15%**

Dietary Fiber 4g **16%**

Sugars 28g

Protein 4g

Vitamin A 8% • Vitamin C 0%

Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT PASTRY FLOUR, ORGANIC EVAPORATED CANE SUGAR, BUTTER, ORGANIC DARK CHOCOLATE CHIPS, WHITE CHOCOLATE CHIPS (EVAPORATED CANE SYRUP, COCOA BUTTER, WHOLE MILK POWDER, NONFAT DRY MILK, SALT, SOY LECITHAN, VANILLA), EGG, COCOA, BAKING POWDER, SEA SALT, VANILLA EXTRACT

CONTAINS: MILK, EGG, WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

HBB-Onion Knot-Hoagie

Nutrition Facts

Serving Size: (103g)

Servings Per Container: 8

Amount Per Serving

Calories 250 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 47g **16%**

Dietary Fiber 6g **24%**

Sugars 9g

Protein 8g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR,
WATER, ORGANIC EVAPORATED CANE
SUGAR, PURE OLIVE OIL, VITAL WHEAT
GLUTEN, YEAST, SEA SALT

CONTAINS: WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Jalapeno Cheddar Sourdough Bread

Nutrition Facts

Serving Size: 1 Slice (68g)

Servings Per Container: 14

Amount Per Serving

Calories 150 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 230mg **10%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 7g

Vitamin A 2% • Vitamin C 2%

Calcium 8% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR,
WATER, SOURDOUGH STARTER,
CHEDDAR CHEESE, JALAPENO
PEPPERS, SEA SALT

CONTAINS: WHEAT

ARTISAN OVEN

169 HALBERT LANE

WACO, TX 76705

Lemon Pound Cake

Nutrition Facts

Serving Size: 1 Slice (70g)

Servings Per Container: 8

Amount Per Serving

Calories 280 Calories from Fat 130

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 9g **45%**

Trans Fat 0.5g

Cholesterol 105mg **35%**

Sodium 115mg **5%**

Total Carbohydrate 34g **11%**

Dietary Fiber 2g **8%**

Sugars 22g

Protein 4g

Vitamin A 10% • Vitamin C 2%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC EVAPORATED CANE SUGAR, WHOLE WHEAT FLOUR, BUTTER, EGG, ORGANIC POWDERED SUGAR, EGG YOLK, LEMON ZEST, POPPY SEED, VANILLA EXTRACT, LEMON JUICE, SEA SALT, BAKING POWDER

CONTAINS: EGG, WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Oatmeal Raisin Cookie

Nutrition Facts

Serving Size: (74g)

Servings Per Container: 1

Amount Per Serving

Calories 300 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 125mg **5%**

Total Carbohydrate 45g **15%**

Dietary Fiber 4g **16%**

Sugars 24g

Protein 4g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC EVAPORATED CANE SUGAR, WHOLE WHEAT PASTRY FLOUR, BUTTER, RAISINS, ROLLED OATS, EGG, BAKING POWDER, CINNAMON, SEA SALT, NUTMEG, VANILLA EXTRACT

CONTAINS: WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Pumpernickel Bread

Nutrition Facts

Serving Size: 1 Slice (26g)

Servings Per Container: 14

Amount Per Serving

Calories 50 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, RYE FLOUR, VITAL WHEAT GLUTEN, PURE OLIVE OIL, CARAMEL FOOD COLOR, SORGHUM SYRUPS , CARAWAY SEED, SEA SALT, YEAST

CONTAINS: WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Sprouted Wheat Bread

Nutrition Facts

Serving Size: 1 Slice (32g)

Servings Per Container: 14

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars <1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: SPROUTED WHEAT BERRIES, WATER, VITAL WHEAT GLUTEN, HONEY, SEA SALT, YEAST

CONTAINS: WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Sunshine Granola Almond Delight

Nutrition Facts

Serving Size: 4 oz (78g)

Servings Per Container: 6

Amount Per Serving

Calories 360 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 160mg **7%**

Total Carbohydrate 36g **12%**

Dietary Fiber 6g **24%**

Sugars 9g

Protein 10g

Vitamin A 4% • Vitamin C 0%

Calcium 10% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

INGREDIENTS: ROLLED OATS, QUICK OATS, SLICED ALMONDS, BUTTER, MAPLE SYRUP, ORGANIC EVAPORATED CANE SUGAR, SUNFLOWER SEEDS, PUMPKIN SEEDS, CRYSTALIZED GINGER, SESAME SEEDS, ALMOND EXTRACT, VANILLA EXTRACT, SEA SALT, CINNAMON, NUTMEG

CONTAINS: ALMOND

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Sunshine Granola Original

Nutrition Facts

Serving Size: 4 oz (77g)

Servings Per Container: 6

Amount Per Serving

Calories 320 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 180mg **8%**

Total Carbohydrate 45g **15%**

Dietary Fiber 5g **20%**

Sugars 15g

Protein 8g

Vitamin A 4% • Vitamin C 0%

Calcium 6% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ROLLED OATS, QUICK OATS, RAISINS, BUTTER, SYRUPS, MAPLE, ORGANIC EVAPORATED CANE SUGAR, SUNFLOWER SEEDS, PUMPKIN SEEDS, RAW, SESAME SEEDS, CRYSTALIZED GINGER, VANILLA EXTRACT, SEA SALT, CINNAMON, NUTMEG

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

Walnut Oat Bread

Nutrition Facts

Serving Size: 1 Slice (49g)

Servings Per Container: 14

Amount Per Serving

Calories 130 Calories from Fat 35

% Daily Value*

Total Fat 3.5g **5%**

 Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 22g **7%**

 Dietary Fiber 3g **12%**

 Sugars 3g

Protein 4g

Vitamin A 0%

•

Vitamin C 0%

Calcium 2%

•

Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT, WATER, HONEY, PURE OLIVE OIL, WALNUTS, ORGANIC ROLLED OATS, VITAL WHEAT GLUTEN, YEAST, SEA SALT

CONTAINS: WHEAT, WALNUT

**ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705**

Whole Wheat Bread

Nutrition Facts

Serving Size: 1 Slice (45g)

Servings Per Container: 16

Amount Per Serving

Calories 100 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, WHOLE WHEAT, HONEY, PURE OLIVE OIL, SEA SALT, YEAST, VITAL WHEAT GLUTEN

CONTAINS: WHEAT

ARTISAN OVEN
169 HALBERT LANE
WACO, TX 76705

