

Charnushka Rye

Nutrition Facts

16 servings per container

Serving size 1 slice (43g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 22g 8%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 100mg 2%

* 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.

INGREDIENTS: CERTIFIED ORGANIC UNBLEACHED WHEAT FLOUR, WELL WATER, ORGANIC STONEGROUND RYE FLOUR, SEA SALT, CARAWAY SEED, CULTURED WHEAT, ORGANIC ENZYME, CHARNUSHKA SEED, YEAST

CONTAINS: WHEAT

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