

Date: 1/18/2024

Time: 8:45 AM



bread, baguette, multigrain

NAMA



Author

Categories

Tools

Locations

Plate/Store

Prep

Cook

Finish

Shelf

Yield 1 ea

Portion 1 ea

Num Portions 1

Nutrition Facts

Serving Size 1.00 ea

Servings Per Container 1

Amount Per Serving

Calories 130 **Calories From Fat** 4

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 9%

Total Carbohydrates 22g 7%

Dietary Fiber 2g 9%

Sugars 3g

Protein 5g

Vitamin A 0% **Vitamin C** 0%

Calcium 0% **Iron** 6%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Fat

Low Saturated Fat

Cholesterol Free

Healthy

Good Source of Protein