

DLM Artisan Bread

Nutritional Information



100% Whole Grain

INGREDIENTS: WHOLE GRAIN WHITE WHEAT FLOUR, WATER, 10-GRAIN CEREAL (CRACKED WHOLE WHEAT, RYE MEAL, CORNMEAL, OATS, RICE FLOUR, SOY GRITS, SUNFLOWER SEEDS, CRUSHED TRITICALE, BARLEY FLAKES, MILLET, FLAXSEED), CLOVER HONEY, SEA SALT, YEAST, ASCORBIC ACID.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 48g Per Slice Servings about 14		Total Fat 1g	1%	Total Carb 19g	6%
Calories 100 Calories from Fat 10		Sat Fat 0g	0%	Dietary Fiber 3g	12%
		Trans Fat 0g		Sugars 2g	
		Cholesterol 0mg	0%	Protein 4g	
		Sodium 260mg	11%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 0%		Iron 0%	

Asiago Cheese

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, ENZYMES), SEA SALT, YEAST, MALT, ASCORBIC ACID.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 57g Per Slice Servings about 12		Total Fat 4.5g	7%	Total Carb 20g	7%
Calories 150 Calories from Fat 40		Sat Fat 3g	14%	Dietary Fiber 0g	0%
		Trans Fat 0g		Sugars 1g	
		Cholesterol 15mg	5%	Protein 8g	
		Sodium 300mg	12%		
		Vitamin A 2%		Vitamin C 0%	
		Calcium 15%		Iron 0%	

Challah

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, ORGANIC EGGS, SUGAR, BUTTER (CREAM, SALT, MILK), MILK POWDER, SEA SALT, YEAST.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 29g Per Slice Servings about 21		Total Fat 2g	3%	Total Carb 14g	5%
Calories 80 Calories from Fat 15		Sat Fat 1g	5%	Dietary Fiber 0g	0%
		Trans Fat 0g		Sugars 2g	
		Cholesterol 15mg	5%	Protein 2g	
		Sodium 150mg	6%		
		Vitamin A 2%		Vitamin C 0%	
		Calcium 0%		Iron 0%	

Ciabatta

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, SEA SALT, YEAST, ASCORBIC ACID.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 23g Per Slice Servings about 23		Total Fat 0g	0%	Total Carb 11g	4%
Calories 50 Calories from Fat 0		Sat Fat 0g	0%	Dietary Fiber 0g	0%
		Trans Fat 0g		Sugars 0g	
		Cholesterol 0mg	0%	Protein 2g	
		Sodium 115mg	5%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 0%		Iron 4%	

Classic 10-Grain

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, 10-GRAIN CEREAL (CRACKED WHOLE WHEAT, RYE MEAL, CORNMEAL, OATS, RICE FLOUR, SOY GRITS, SUNFLOWER SEEDS, CRUSHED TRITICALE, BARLEY FLAKES, MILLET, FLAXSEED) STONE-GROUND WHOLE WHEAT FLOUR, CLOVER HONEY, SEA SALT, YEAST, ASCORBIC ACID.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 45g Per Slice Servings about 16		Total Fat 0.5g	1%	Total Carb 22g	7%
Calories 100 Calories from Fat 5		Sat Fat 0g	0%	Dietary Fiber 1g	5%
		Trans Fat 0g		Sugars 3g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 220mg	9%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 0%		Iron 0%	

Dinkelbrot

INGREDIENTS: WATER, PREGELATINIZED CRACKED SPELT, WHOLE SPELT FLOUR, SUNFLOWER SEEDS, WHEAT SOUR, PREGELATINIZED SPELT FLAKES, SUGAR, UNSULFATED POTATO FLOUR, PREGELATINIZED WHOLE SPELT FLOUR, MALTED BARLEY FLOUR, SALT, YEAST, GUAR GUM, DARK MALT, CANOLA OIL.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 28g Per Slice Servings about 20		Total Fat 1.5g	2%	Total Carb 12g	4%
Calories 70 Calories from Fat 15		Sat Fat 0g	0%	Dietary Fiber 2g	8%
		Trans Fat 0g		Sugars 2g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 190mg	8%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 0%		Iron 4%	

Farmhouse made with organic flour

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, RYE CHOPS, SEA SALT, ASCORBIC ACID.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 37g Per Slice Servings about 19		Total Fat 0g	0%	Total Carb 16g	5%
Calories 80 Calories from Fat 0		Sat Fat 0g	0%	Dietary Fiber <1g	3%
		Trans Fat 0g		Sugars 0g	
		Cholesterol 0mg	0%	Protein 2g	
		Sodium 170mg	7%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 0%		Iron 0%	

French Baguette

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, SEA SALT, YEAST, MALT, ASCORBIC ACID.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 9g Per Slice Servings about 40		Total Fat 0g	0%	Total Carb 4g	1%
Calories 20 Calories from Fat 0		Sat Fat 0g	0%	Dietary Fiber 0g	0%
		Trans Fat 0g		Sugars 0g	
		Cholesterol 0mg	0%	Protein 1g	
		Sodium 60mg	2%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 0%		Iron 2%	

Grains of the Earth

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, 10-GRAIN CEREAL (CRACKED WHOLE WHEAT, RYE MEAL, CORNMEAL, OATS, RICE FLOUR, SOY GRITS, SUNFLOWER SEEDS, CRUSHED TRITICALE, BARLEY FLAKES, MILLET, FLAXSEED), STONE-GROUND WHOLE WHEAT FLOUR, HONEY, SEA SALT, YEAST, ASCORBIC ACID.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 49g Per Slice Servings about 14		Total Fat 0.5g	1%	Total Carb 23g	8%
Calories 110 Calories from Fat 5		Sat Fat 0g	0%	Dietary Fiber 1g	6%
		Trans Fat 0g		Sugars 1g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 300mg	12%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 0%		Iron 0%	

Italian Sesame

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, DURUM SEMOLINA FLOUR, HONEY, SEA SALT, SESAME SEEDS, YEAST, ASCORBIC ACID.

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size 42g Per Slice Servings about 17		Total Fat 0.5g	1%	Total Carb 19g	6%
Calories 90 Calories from Fat 5		Sat Fat 0g	0%	Dietary Fiber <1g	4%
		Trans Fat 0g		Sugars 1g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 300mg	12%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 2%		Iron 2%	

New York Rye

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, RYE FLOUR, SEA SALT, CARAWAY SEEDS, YEAST, SUGAR, LACTIC ACID, ACETIC ACID.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 45g Per Slice Servings about 17	Total Fat 0g	0%	Total Carb 19g	6%
Calories 90 Calories from Fat 0	Sat Fat 0g	0%	Dietary Fiber 2g	6%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 0mg	0%	Protein 3g	
	Sodium 240mg	10%		
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%			

Pano Toscano

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, SEA SALT, YEAST.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 41g Per Slice Servings about 17	Total Fat 0g	0%	Total Carb 18g	6%
Calories 80 Calories from Fat 0	Sat Fat 0g	0%	Dietary Fiber <1g	3%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 0mg	0%	Protein 3g	
	Sodium 250mg	10%		
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%			

Purple Wheat Raisin

INGREDIENTS: WHEAT FLOUR (CONTAINS BARLEY MALT FLOUR), RAISINS, WATER, SUGAR, WHOLE WHEAT FLOUR, YEAST, WHEAT GLUTEN, WHOLE GRAIN WHEAT AND CORN FLOUR, SOYBEAN OIL, CORN STARCH, EGG WHITES, SALT, WHEAT FLOUR, NATURAL FLAVOR, DIACETYL TARTARIC ACID ESTERS OF MONO-DIGLYCERIDES [DATEM], DEXTROSE, SOYBEAN OIL, ASCORBIC ACID [VITAMIN C], ENZYMES [WHEAT], CALCIUM SULFATE.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 55g Per Slice Servings about 14	Total Fat 1.5g	2%	Total Carb 32g	11%
Calories 150 Calories from Fat 10	Sat Fat 0g	0%	Dietary Fiber 2g	8%
	Trans Fat 0g		Sugars 14g	
	Cholesterol 0mg	0%	Protein 4g	
	Sodium 170mg	7%		
	Vitamin A 0% • Vitamin C 10% • Calcium 2% • Iron 4%			

Raisin Walnut

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, DARK RAISINS, GOLDEN RAISINS, WALNUTS, BUTTERMILK, HONEY, ORANGE PEEL, SEA SALT, YEAST, ASCORBIC ACID.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 50g Per Slice Servings about 14	Total Fat 4g	6%	Total Carb 25g	8%
Calories 140 Calories from Fat 35	Sat Fat 0g	0%	Dietary Fiber 1g	6%
	Trans Fat 0g		Sugars 9g	
	Cholesterol 0mg	0%	Protein 3g	
	Sodium 130mg	5%		
	Vitamin A 0% • Vitamin C 2% • Calcium 2% • Iron 2%			

Rosemary

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, DRY ROSEMARY LEAVES, SEA SALT, YEAST, MALT, ASCORBIC ACID.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 44g Per Slice Servings about 13	Total Fat 0g	0%	Total Carb 21g	7%
Calories 100 Calories from Fat 0	Sat Fat 0g	0%	Dietary Fiber <1g	2%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 0mg	0%	Protein 4g	
	Sodium 270mg	11%		
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%			

Rustic Country

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, SEA SALT, YEAST, MALT, ASCORBIC ACID.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 41g Per Slice Servings about 16	Total Fat 0g	0%	Total Carb 19g	6%
Calories 90 Calories from Fat 0	Sat Fat 0g	0%	Dietary Fiber 0g	0%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 0mg	0%	Protein 3g	
	Sodium 220mg	9%		
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			

San Francisco Sourdough made with organic flour

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, SOURDOUGH CULTURE, SEA SALT, ASCORBIC ACID.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 48g Per Slice Servings about 15	Total Fat 0g	0%	Total Carb 21g	7%
Calories 90 Calories from Fat 0	Sat Fat 0g	0%	Dietary Fiber <1g	3%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 0mg	0%	Protein 3g	
	Sodium 280mg	12%		
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%			

SeedSational

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, PUMPKIN SEEDS, SUNFLOWER SEEDS, SESAME SEEDS, FLAX SEEDS, MILLET, POPPY SEEDS, HONEY, YEAST, SEA SALT, ASCORBIC ACID.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 44g Per Slice Servings about 16	Total Fat 2.5g	4%	Total Carb 19g	6%
Calories 100 Calories from Fat 20	Sat Fat 0g	0%	Dietary Fiber 3g	11%
	Trans Fat 0g		Sugars 2g	
	Cholesterol 0mg	0%	Protein 4g	
	Sodium 220mg	9%		
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%			

Semolina

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, DURUM SEMOLINA FLOUR, HONEY, SEA SALT, YEAST, ASCORBIC ACID.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 44g Per Slice Servings about 17	Total Fat 0g	0%	Total Carb 19g	6%
Calories 90 Calories from Fat 0	Sat Fat 0g	0%	Dietary Fiber <1g	11%
	Trans Fat 0g		Sugars 2g	
	Cholesterol 0mg	0%	Protein 3g	
	Sodium 300mg	12%		
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			

Sprouted Grain made with organic flour

INGREDIENTS: SPROUTED ORGANIC WHOLE WHEAT FLOUR, WATER, TOP GRAIN MIX (OAT FLAKES, CRACKED WHEAT, SUNFLOWER SEEDS, FLAX SEEDS, MILLET), 9-GRAIN CEREAL (BLENDED WHEAT [TRITICALE], RYE MEAL, CORNMEAL, OATS, RICE FLOUR, SOY, BARLEY, MILLET, AND FLAX), HONEY, YEAST, VITAL WHEAT GLUTEN, SEA SALT, ASCORBIC ACID.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 46g Per Slice Servings about 12	Total Fat 1g	1%	Total Carb 20g	7%
Calories 90 Calories from Fat 5	Sat Fat 0g	0%	Dietary Fiber 5g	19%
	Trans Fat 0g		Sugars 2g	
	Cholesterol 0mg	0%	Protein 4g	
	Sodium 230mg	10%		
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%			

Unbleached White Sandwich

INGREDIENTS: UNBLEACHED UNBROMATED ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, SEA SALT, YEAST, MALT, ASCORBIC ACID.

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving Size 40g Per Slice Servings about 17	Total Fat 0g	0%	Total Carb 18g	6%
Calories 90 Calories from Fat 0	Sat Fat 0g	0%	Dietary Fiber 0g	0%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 0mg	0%	Protein 3g	
	Sodium 220mg	9%		
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			