



# Nutrition Facts for Borealis Breads

<b>Aroostook Wheat</b>	Serving Size 1 inch slice (56g)		<b>Apple Cranberry</b>	Serving Size 1 inch slice (57g)	
	Servings per container 12			Servings per container 10	
	<b>Amount per serving</b>			<b>Amount per serving</b>	
	Calories	150		Calories	140
	Calories from Fat 0			Calories from Fat 5	
		% DailyValue*			% DailyValue*
	<b>Total Fat</b> 0g	0%		<b>Total Fat</b> 0.5g	1%
	Saturated Fat 0g	0%		Saturated Fat 0g	0%
	<b>Cholesterol</b> 0mg	0%		<b>Cholesterol</b> 0mg	0%
	<b>Sodium</b> 320 mg	13%		<b>Sodium</b> 310 mg	11%
	<b>Total Carbohydrate</b> 25g	8%		<b>Total Carbohydrate</b> 33g	11%
	Dietary Fiber 1g	5%		Dietary Fiber 5g	21%
	Sugars 1g			Sugars 6g	
	<b>Protein</b> 4g			<b>Protein</b> 5g	
	Vitamin A 2% - Vitamin C 2%			Vitamin A 0% - Vitamin C 2%	
Calcium 0% - Iron 0%		Calcium 2% - Iron 10%			
<b>Baguette</b>	Serving Size 2.5 inch slice (56g)		<b>Sourdough Baguette</b>	Serving Size 2.5 inch slice (56g)	
	Servings per container 8			Servings per container 8	
	<b>Amount per serving</b>			<b>Amount per serving</b>	
	Calories	120		Calories	130
	Calories from Fat 0			Calories from Fat 0	
		% DailyValue*			% DailyValue*
	<b>Total Fat</b> 0g	0%		<b>Total Fat</b> 0g	0%
	Saturated Fat 0g	0%		Saturated Fat 0g	0%
	<b>Cholesterol</b> 0mg	0%		<b>Cholesterol</b> 0mg	0%
	<b>Sodium</b> 260 mg	11%		<b>Sodium</b> 300 mg	12%
	<b>Total Carbohydrate</b> 23g	8%		<b>Total Carbohydrate</b> 27g	9%
	Dietary Fiber 1g	3%		Dietary Fiber 1g	5%
	Sugars 3g			Sugars 1g	
	<b>Protein</b> 4g			<b>Protein</b> 4g	
	Vitamin A 2% - Vitamin C 2%			Vitamin A 0% - Vitamin C 0%	
Calcium 0% - Iron 0%		Calcium 0% - Iron 8%			
<b>Cheese Ficelle</b>	Serving Size 1/4 loaf (56g)		<b>Demi- Baguette</b>	Serving Size 2.5 inch slice (56g)	
	Servings per container 4			Servings per container 4	
	<b>Amount per serving</b>			<b>Amount per serving</b>	
	Calories	130		Calories	130
	Calories from Fat 15			Calories from Fat 0	
		% DailyValue*			% DailyValue*
	<b>Total Fat</b> 1.5g	2%		<b>Total Fat</b> 0g	0%
	Saturated Fat 1g	4%		Saturated Fat 0g	0%
	<b>Cholesterol</b> 5mg	1%		<b>Cholesterol</b> 0mg	0%
	<b>Sodium</b> 300 mg	12%		<b>Sodium</b> 300 mg	12%
	<b>Total Carbohydrate</b> 24g	8%		<b>Total Carbohydrate</b> 27g	9%
	Dietary Fiber 1g	3%		Dietary Fiber 1g	5%
	Sugars 1g			Sugars 1g	
	<b>Protein</b> 5g			<b>Protein</b> 4g	
	Vitamin A 0% - Vitamin C 0%			Vitamin A 0% - Vitamin C 0%	
Calcium 6% - Iron 4%		Calcium 0% - Iron 8%			

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<b>Dinner Rolls</b>	Serving Size 1 roll (63g)		<b>Three Cheese Focaccia</b>	Serving Size 1/8 Loaf ) (57g)			
	Servings per container 6			Servings per container 8			
	<b>Amount per serving</b>			<b>Amount per serving</b>			
	Calories	200		Calories	190		
	Calories from Fat	45		Calories from Fat	40		
						% DailyValue*	
	<b>Total Fat</b>	5g		7%	<b>Total Fat</b>	4.5g	7%
	Saturated Fat	0.5g		3%	Saturated Fat	1g	6%
	<b>Cholesterol</b>	0mg		0%	<b>Cholesterol</b>	5mg	1%
	<b>Sodium</b>	320 mg		13%	<b>Sodium</b>	390 mg	16%
	<b>Total Carbohydrate</b>	34g		11%	<b>Total Carbohydrate</b>	31g	10%
	Dietary Fiber	1g		6%	Dietary Fiber	1g	5%
	Sugars	1g			Sugars	1g	
	<b>Protein</b>	5g			<b>Protein</b>	6g	
	Vitamin A 0% - Vitamin C 0%			Vitamin A 0% - Vitamin C 0%			
Calcium 0% - Iron 10%			Calcium 6% - Iron 10%				
<b>French Peasant</b>	Serving Size 1/2 inch slice (56g)		<b>Italian</b>	Serving Size 1 inch slice (56g)			
	Servings per container 12			Servings per container 12			
	<b>Amount per serving</b>			<b>Amount per serving</b>			
	Calories	130		Calories	130		
	Calories from Fat	0		Calories from Fat	0		
						% DailyValue*	
	<b>Total Fat</b>	0g		0%	<b>Total Fat</b>	0g	0%
	Saturated Fat	0g		0%	Saturated Fat	0g	0%
	<b>Cholesterol</b>	0mg		0%	<b>Cholesterol</b>	0mg	0%
	<b>Sodium</b>	250 mg		10%	<b>Sodium</b>	300 mg	13%
	<b>Total Carbohydrate</b>	26g		9%	<b>Total Carbohydrate</b>	27g	9%
	Dietary Fiber	1g		6%	Dietary Fiber	2g	6%
	Sugars	3g			Sugars	1g	
	<b>Protein</b>	5g			<b>Protein</b>	4g	
	Vitamin A 0% - Vitamin C 0%			Vitamin A 0% - Vitamin C 0%			
Calcium 0% - Iron 6%			Calcium 0% - Iron 10%				
<b>Mult-Grain</b>	Serving Size 1/2 inch slice (56g)		<b>Olive</b>	Serving Size 3/4 inch slice (56g)			
	Servings per container 12			Servings per container 10			
	<b>Amount per serving</b>			<b>Amount per serving</b>			
	Calories	130		Calories	130		
	Calories from Fat	5		Calories from Fat	10		
						% DailyValue*	
	<b>Total Fat</b>	1g		1%	<b>Total Fat</b>	1g	2%
	Saturated Fat	0g		0%	Saturated Fat	0g	0%
	<b>Cholesterol</b>	0mg		0%	<b>Cholesterol</b>	0mg	0%
	<b>Sodium</b>	190 mg		8%	<b>Sodium</b>	270 mg	11%
	<b>Total Carbohydrate</b>	25g		8%	<b>Total Carbohydrate</b>	24g	8%
	Dietary Fiber	2g		8%	Dietary Fiber	1g	3%
	Sugars	2g			Sugars	3g	
	<b>Protein</b>	4g			<b>Protein</b>	4g	
	Vitamin A 0% - Vitamin C 0%			Vitamin A 2% - Vitamin C 2%			
Calcium 0% - Iron 6%			Calcium 0% - Iron 0%				

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<b>Pumpkin Raisin</b>	Serving Size 1/2 inch slice (57g)		<b>Rosemary</b>	Serving Size 1 inch slice (56g)	
	Servings per container 10			Servings per container 10	
	<b>Amount per serving</b>			<b>Amount per serving</b>	
	Calories	130		Calories	130
	Calories from Fat 5			Calories from Fat 15	
		% DailyValue*			% DailyValue*
	<b>Total Fat</b> 0.5g	1%		<b>Total Fat</b> 0.5g	3%
	Saturated Fat 0g	0%		Saturated Fat 0g	0%
	<b>Cholesterol</b> 0mg	0%		<b>Cholesterol</b> 0mg	0%
	<b>Sodium</b> 250 mg	11%		<b>Sodium</b> 310 mg	11%
	<b>Total Carbohydrate</b> 30g	10%		<b>Total Carbohydrate</b> 27g	9%
	Dietary Fiber 4g	17%		Dietary Fiber 1g	5%
	Sugars 6g			Sugars 1g	
	<b>Protein</b> 4g			<b>Protein</b> 5g	
	Vitamin A 20% - Vitamin C 2%			Vitamin A 2% - Vitamin C 2%	
Calcium 2% - Iron 10%		Calcium 2% - Iron 10%			
<b>Rye</b>	Serving Size 1/2 inch slice (56g)		<b>Rustic Baguette</b>	Serving Size 2.5 inch slice (56g)	
	Servings per container 12			Servings per container 8	
	<b>Amount per serving</b>			<b>Amount per serving</b>	
	Calories	120		Calories	120
	Calories from Fat 0			Calories from Fat 0	
		% DailyValue*			% DailyValue*
	<b>Total Fat</b> 0g	0%		<b>Total Fat</b> 0.5g	0%
	Saturated Fat 0g	0%		Saturated Fat 0g	0%
	<b>Cholesterol</b> 0mg	0%		<b>Cholesterol</b> 0mg	0%
	<b>Sodium</b> 350 mg	15%		<b>Sodium</b> 260 mg	11%
	<b>Total Carbohydrate</b> 26g	9%		<b>Total Carbohydrate</b> 23g	8%
	Dietary Fiber 2g	9%		Dietary Fiber 1g	3%
	Sugars 1g			Sugars 1g	
	<b>Protein</b> 4g			<b>Protein</b> 4g	
	Vitamin A 0% - Vitamin C 0%			Vitamin A 2% - Vitamin C 2%	
Calcium 2% - Iron 8%		Calcium 0% - Iron 0%			

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