



Izzio
100009 - Rustic Potato Sourdough Bread

Rustic Potato Sourdough , great toasted with Avocado. Excellent with eggs. Meats and Cheeses make a great sandwich Truly an artisan style bread with 3 main ingredients Flour, Water & Salt



Nutrition Analysis - By Measure

Calories	170	Total Fat	0.5g	Sodium	380mg
Protein	5	Trans Fats		Calcium	55mg
Total Carbohydrates...	36g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	90mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

