



**FLOWERS**

**222096 - Bread Wheatberry Thick Sliced**

Thick 5/8" sliced wheatberry deli-style loaf bread makes big sandwiches. Slightly sweet wheat taste is very popular. Fully baked, thaw and serve.



**\* Benefits**

# Nutrition Facts

Servings per Container **152**  
Serving size **1PC (54g)**

Amount per serving  
**Calories 150**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 2g           | <b>3%</b>      |
| Saturated Fat 0.5g            | <b>3%</b>      |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 0mg        | <b>0%</b>      |
| <b>Sodium</b> 270mg           | <b>12%</b>     |
| <b>Total Carbohydrate</b> 30g | <b>11%</b>     |
| Dietary Fiber 2g              | <b>7%</b>      |
| Total Sugars 5g               |                |
| Includes Added Sugar          | <b>%</b>       |

|                   |            |
|-------------------|------------|
| <b>Protein</b> 5g |            |
| Vitamin D         | <b>%</b>   |
| Calcium           | <b>8%</b>  |
| Iron              | <b>10%</b> |
| Potassium         | <b>%</b>   |

\* 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

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MAY BE TOPPED WITH OATS

### Allergens

**Contains:**

soy wheat

**Free From:**

crustaceans eggs fish milk  
 peanuts tree nuts

### Handling Suggestions

Keep frozen until ready to use. Thaw overnight at room temperature. Shelf life at room temperature - 5-7 days.

### Serving Suggestions

Thick sliced wheatberry bread is a great platform for big sandwiches of all types. Also great toasted at breakfast. Diners, casual dining, sandwich shops or B&I sandwich and more menu this product.

### Prep & Cooking Suggestions

Product is fully baked. Thaw overnight and serve.

### Product Specifications

| Brand   | Manufacturer            | Product Category |
|---------|-------------------------|------------------|
| FLOWERS | FLOWERS FOODS SPECIALTY |                  |

| MFG #    | SPC #  | GTIN           | Pack | Pack Desc. |
|----------|--------|----------------|------|------------|
| 40082390 | 222096 | 10075361010736 | 8    | 8/36 OZ    |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 21.5lb       | 18lb       | USA               | Yes    | No              |

| Shipping Information |        |         |         |       |            |                      |
|----------------------|--------|---------|---------|-------|------------|----------------------|
| Length               | Width  | Height  | Volume  | TlxHl | Shelf Life | Storage Temp From/To |
| 24.62in              | 15.5in | 10.75in | 2.37ft3 | 5x3   | 0DAYS      | 0°F / 32°F           |



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### Nutrition Analysis - By Serving

|                        |     |                     |      |               |       |
|------------------------|-----|---------------------|------|---------------|-------|
| Calories               | 150 | Total Fat           | 2g   | Sodium        | 270mg |
| Protein                | 5   | Trans Fats          | 0g   | Calcium       |       |
| Total Carbohydrates... | 30g | Saturated Fat       | 0.5g | Iron          |       |
| Sugars                 | 5g  | Added Sugars        |      | Potassium     |       |
| Dietary Fiber          | 2g  | Polyunsaturated Fat |      | Zinc          |       |
| Lactose                |     | Monounsaturated Fat |      | Phosphorus    |       |
| Sucrose                |     | Cholesterol         | 0mg  |               |       |
| Vitamin A(U)           |     | Vitamin D           |      | Thiamin       |       |
| Vitamin A(RE)          |     | Vitamin E           |      | Niacin        |       |
| Vitamin C              |     | Folate              |      | Riboflavin    |       |
| Magnesium              |     | Vitamin B-6         |      | Vitamin B-1 2 |       |
| Monosodium             |     | Sulphites           |      | Nitrates      |       |

### Additional Images

