



Flowers Foods Specialty

222112 - Bread 12 Grain Slc Frz S/O

Delicious 12 Grain bread slice bread. 24 oz. loaf. Fully baked. Ready to thaw and serve.



Nutrition Facts

Serving Size: 43

Number of Servings per 192

Amount Per Serving

Calories: 110

Calories from Fat: 20

% Daily Value*

Total Fat 2.5 g 4%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 180 mg 8%

Total Carbohydrate 20 g 7%

Dietary Fiber 3 g 12%

Sugars 4 g %

Protein 5 g %

Vitamin A Per Srv 0% Vitamin C Per Srv 0%

Calcium 2% Iron 6%

*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			
Calories per gram			
Fat	Carbohydrate		Protein

* Benefits

Ingredients

WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, FLAXSEED, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHOLE RYE FLOUR, YEAST, ROLLED OATS, CANE REFINERY SYRUP, BARLEY FLAKES, WHOLE TRITICALE FLOUR, SOYBEAN OIL, RAISIN JUICE CONCENTRATE, SUNFLOWER SEED, SALT, CULTURED WHEAT FLOUR, VINEGAR, AMARANTH, HULLED WHOLE MILLET, KAMUT, WHOLE BROWN RICE FLOUR, WHOLE BUCKWHEAT FLOUR, WHOLE MILLED CORN, WHOLE SPELT FLOUR, CALCIUM SULFATE, SOY LECITHIN, ENZYMES, TOPPED WITH ROLLED OATS

Allergens

Contains:

soy wheat

May Contain:

sesame

Free From:

crustaceans eggs fish dairy

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

Versatile deli style loaf -- use for toast, hot and cold sandwiches. Dense interior crumb works for creative sandwiches and plate attractively.

Prep & Cooking Suggestions

Product is fully baked. Thaw overnight and serve.

Product Specifications

Brand	Manufacturer	Product Category
FLOWERS	Flowers Foods Specialty	Buns & Rolls

MFG #	SPC #	GTIN	Pack	Pack Desc.
10519670	222112	00075361022107	12	12/24 OZ

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
20 lb	18 lb	No	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
21.38 in	14.5 in	10.25 in	1.84 ft3	5x2	270 DAYS	0°F / 32°F



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Nutrition Analysis

Calories	110 kcal	Total Fat	2.5 g	Sodium	180 mg
Protein	5 g	Trans Fats	0 g	Calcium	
Total Carbohydrates**	20 g	Saturated Fat	0 g	Iron	
Sugars	4 g	Polyunsaturated Fat		Potassium	
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	0 mg	Phosphorus	
Sucrose					
Vitamin A(IU)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

