

Clasen's Bread Nutrition

1 oz Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (m	Sodium (mg)	Carbs ((g)	Fiber (g)	Sugars (g)	Protein (g)
10 Grain and Seed	70	0	0	0	130	15	2	0	3
100% Whole Wheat	70	0	0	0	160	15	2	0	3
Alpine 6 Grain	80	1	0	0	125	14	2	0	3
Artisan Rustic Baguette	80	0	0	0	150	17	1	0	3
Artisan Grain N Seed	80	1	0	0	180	14	1	0	3
Artisan Olive	60	0.5	0	0	120	12	0	0	2
Artisan Wheat	70	0	0	0	160	15	1	0	2
Artisan White	80	0	0	0	180	15	1	0	3
Artisan Rye	70	0	0	0	160	15	1	0	2
Artisan Rosemary Asiago	70	1	0.5	0	190	13	0	0	3
Artisan Kalamata Olive	70	1	0	0	220	14	1	0	2
Artisan Cranberry Walnut (New 201	80	1.5	0	0	160	14	1	2	2
Artisan Parmesan Peppercorn	80	1	0.5	0	200	13	0	0	3
Bavarian Hearth Sourdough Rye	70	0	0	0	135	14	2	0	2
Black Forest Rye	70	0	0	0	135	14	2	0	2
Boisenberry Swirl	109	3	0.5	10	70	19	0	8	2
Caraway Rye	70	0	0	0	170	15	1	0	3
Challah	90	3	0.5	10	70	14	0	3	2
Cinnamon Swirl	90	3	0.5	10	75	15	1	4	2
Classic French Baguette	80	0	0	0	160	15	1	0	3
Country Grain	80	1	0	0	160	16	1	1	3
Country Rye w/Caraway	70	0	0	0	170	15	1	0	3
Dill Onion Parmesan	60	0	0	0	100	12	1	0	2
Epi Baguette	80	0	0	0	160	15	1	0	3
Farm Wheat	80	1	0	0	130	15	1	1	3
Farm White	80	1	0	0	150	15	1	1	3
French Breakfast	90	3	0.5	10	70	14	0	3	2
French Cinnamon Swirl	90	3	0.5	10	75	15	1	4	2
French Country 6 Grain	80	1	0	0	125	14	2	0	3
French Country Cracked Wheat	80	2	0	0	180	15	2	1	2
French Onion Bread	60	0	0	0	85	12	1	0	2
Granola Bread	100	3	0	5	85	15	2	2	3

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Honey Oat (new 2012)	80	1	0.5	0	140	15	1	2	2
Honey Wheat	80	1	0	0	160	15	1	2	2
Honey White	80	1	0	0	160	15	0	2	2
Italian Country	80	0.5	0	0	135	15	1	0	3
Italian Rosemary	70	1	0	3	130	13	0	0	2
Jalapeno Fiesta	80	1.5	0.5	5	170	13	1	0	3
Münsterländer	80	1	0	0	160	16	1	1	3
Prairie Grain	90	2.5	0	5	200	14	1	1	3
Pumpernickle	60	0	0	0	130	12	3	0	3
Pumpernickle w/Sunflower	70	1.5	0	0	130	13	3	0	3
Pumpkin Seed	80	2	0	0	110	13	2	0	3
Raisin Bread	100	2.5	0.5	10	65	17	1	6	2
Rustic Rye	70	0	0	0	135	14	2	0	2
Rustic Sourdough	70	0	0	0	170	14	1	0	2
Sourdough Farmers	70	0	0	0	150	14	2	0	3
Sourdough Rye	70	0	0	0	170	14	1	0	2
Sourdough White	70	0	0	0	170	14	1	0	2
Whole Grain Baguette	70	0.5	0	0	120	13	1	0	2

Some breads may only be available at our retail bakery.