



Open  
7:30am – 6pm  
(250) 342-9913  
Main St. Invermere  
invermerbakery.com

## Nordic Bread (Green)

### Nutrition Facts

#### Valeur nutritive

Slice (38 g) /

Portions par contenant 15

Servings Per Container 15

Amount Per Serving / Teneur par portion

Calories / Calories 100 (418 kJ)

Calories from fat / Calories des lipides 10

% Daily Value / % valeur quotidienne\*

**Total Fat / Lipides 1 g 2%**

Saturated / saturés 0.2 g 1%  
+ Trans Fat 0 g

**Cholesterol / Cholestérol 0 mg**

**Sodium / Sodium 200 mg 8%**

**Carbohydrate / Glucides 17 g 6%**

Fibre / Fibres 1 g 6%

Sugars / Sucres 0 g

Starch / Amidon 0 g

**Protein / Protéines 4 g**

Vitamin A / Vitamine A 0%

Vitamin C / Vitamine C 4%

Calcium / Calcium 0%

Iron / Fer 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4

\* Pourcentage de la valeur quotidienne selon un régime alimentaire  
de 2,000 Calories. Vos valeurs quotidiennes personnelles  
peuvent être plus ou moins élevées selon vos besoins  
énergétiques:

	Calories:	2,000	2,500
Lipides	moins de	65g	80g
saturés + trans	moins de	20g	25g
Cholestérol	moins de	300mg	300mg
Sodium	moins de	2,400mg	2,400mg
Glucides		300g	375g
Fibres alimentaires		25g	30g

Calories par gramme  
Lipides 9 • Glucides 4 • Protéines

INGREDIENTS: white bread flour, water, malted wheat flour, oats, dark rye flour, wheat gluten, sunflower seeds, whole brown flax, toasted soy bean, salt, dried rye sourdough, caramel, enzymes, ascorbic acid, yeast

CAUTION: made in a facility which also produces products with eggs, nuts, soya lecithin, dairy, sesame seeds, wheat gluten, sulphites, mustard seeds.