

Vegan Multigrain Sandwich Bread

Nutrition Facts

Serving Size: 1 slice (38g)
Servings Per Container: 18

Amount Per Serving

Calories 80 Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Potassium 70mg 2%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 8%

Sugars 1g

Protein 4g 8%

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

Vitamin D 2% • Thiamin 4%

Riboflavin 4% • Niacin 2%

Folate 2% • Vitamin B12 2%

Phosphorus 2% • Magnesium 2%

* 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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Macgavins Bread Nutritional Guide

R Sanford



Macgavins Bread Nutritional Guide:

Macgavins Bread Nutritional Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Macgavins Bread Nutritional Guide**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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