

NUTRITIONAL FACTS

West



Product Name	Product Code	Serving Size (g)	Calories (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fibre (g)	Total Sugar (g)	Protein (g)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Dempster's 100% Whole Wheat Sandwich Bread	30168	68	170	3	0.5	0	0	260	29	3	2	7	0	0	4	10
McGavin's Whole Wheat Bread	1410	60	150	2	0.5	0	0	290	27	3	2	6	0	0	4	10
Dempster's Thin 100% Whole Wheat Sandwich Bread	1653	56	140	2.5	0.5	0	0	220	24	3	1	6	0	0	4	10
Dempster's White Sandwich Bread	1634	68	160	1.5	0.4	0	0	260	32	1	2	6	0	0	4	15
McGavin's White Bread	1311	60	150	1.5	0.4	0	0	300	28	1	2	5	0	0	4	15
Dempster's Cinnamon Raisin Bread	1117	48	120	1.5	0.2	0	0	160	24	1	8	4	0	0	2	10
McGavin's Whole Wheat Dinner Rolls	30039	37	90	1.5	0.3	0	0	170	16	2	1	3	0	0	2	8
McGavin's Raisin Bread	1411	64	160	2	0.3	0	0	220	32	1	10	6	0	0	2	15
McGavin's Batch Hamburger Buns	2221	53	130	1.5	0.4	0	0	180	25	1	2	5	0	0	4	10
Dempster's Original 100% Whole Wheat Bread	251	71	180	3	1	0	0	220	32	4	3	6	0	0	4	10

* Please refer to individual product pages for Ingredient and Allergen information.



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