



# ARTISAN SEEDED HEARTH

## DESCRIPTION:

Simply seed-alicious. This light-coloured loaf is loaded with pumpkin and sunflower seeds. Plant this loaf onto your table and you're bound to grow some smiles.

Nutrition Facts	
Valeur nutritive	
Per 2 slices (70 g) pour 2 tranches (70 g)	
Calories 180	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 3 g	5 %
Saturated / saturés 0.5 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 31 g	
Fibre / Fibres 3 g	12 %
Sugars / Sucres 1 g	2 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 135 mg	6 %
Potassium 175 mg	5 %
Calcium 75 mg	7 %
Iron / Fer 2.5 mg	18 %

\* 5% or less is a little, 15% or more is a lot  
\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

## Ingredients:

Flour • Water • Pumpkin seeds • Sunflower seeds • Oat fiber • Wheat gluten • Yeast • Sea salt • Cultured wheat flour • Tapioca flour • Sugars (barley & malt syrup) • Cultured wheat starch • Wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Barley • Oats.

May Contain: Milk • Eggs • Sesame seeds • Soy • Sulphites • Tree nuts.



## Benefits:

• Vegan • Dairy free • No artificial colours or flavours • Long fermentation • Canadian wheat

## PRODUCT SPEC

Size: 600g

Slice: (5/8)

Unit UPC: 661172018110

Case UPC: 20661172018114

Case Pack: 10-pk

Ti/Hi: 6/7

Product Dimensions:

12.5" x 4.6" x 4"



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