MEDITERRA BAKEHOUSE

SPEC SHEETS



MEDITERRA BAKEHOUSE

801 PARKWAY VIEW DRIVE, PITTSBURGH, PA 15205
SALLY@MEDITERRABAKEHOUSE.COM | (412) 639-2566

@MEDITERRABAKEHOUSE

CHALLAH MINI ROLL

UNSLICED

MEDITERRA CODE: 4086
IGF CODE: 109608



NF

Nutrition Facts

12 servings per container
Serving size 39 g

Amount per serving	
Calories	**120**
	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 20mg	**6%**
Sodium 170mg	**7%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 1g	**2%**
Total Sugars 2g	
Includes 2g Added Sugars	**3%**
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 30mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Unbleached hard wheat flour),Filtered Water,Whole Eggs,Unrefined Corn Oil,Wildflower Honey,Sea Salt,Yeast

Contains: Egg, Wheat

PRODUCT ATTRIBUTES

- Weight: 1.3 oz. each
- Case size: 20/12pks
- Shelf life: 6 months frozen, 1 day once thawed

DESCRIPTION

These are perfect as the classic roll, or any demi-sized sandwich- meatball, lobster rolls, pulled pork and more. They're also perfect for entertaining, or for kid-approved sandwiches! Our challah bread is enriched with egg yolk and unrefined corn oil to create the perfect texture: a little spongy, and a little crusty, infused with a tangy yet sweet hint of honey, then baked to a perfect mahogany color.

NO GMO INGREDIENTS · NO ARTIFICIAL COLORS OR FLAVORS · NO PRESERVATIVES OR ADDITIVES
ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS

CHALLAH HAMBURGER SLICED

MEDITERRA CODE: 4470
IGF CODE: 109603



NF

PRODUCT ATTRIBUTES

- Weight: 2.5 oz.
- Case sizeL 12/8pks
- Shelf life: 6 months frozen, 1 day once thawed

Nutrition Facts

8 servings per container
Serving size **68 g**

Amount per serving
Calories **180**

	% Daily Value *
Total Fat 2g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 280mg	**12%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 1g	**4%**
Total Sugars 5g	
Includes 4g Added Sugars	**9%**
Protein 6g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.8mg	10%
Potassium 50mg	2%

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

INGREDIENTS: Unbleached hard wheat flour (malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Filtered Water, Egg Yolks, Honey, whole eggs, Sugar, Sea Salt

Contains: Egg, Wheat

DESCRIPTION

Our challah hamburger buns are enriched with egg yolk and unrefined corn oil to create the perfect texture: a little spongy, and a little crusty, infused with a tangy yet sweet hint of honey. Baked to a deep mahogany color, these buns are best served fresh and warm. Try one with a heap of roast beef, a big, juicy burger, or a simple, cold-cut sandwich.

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CIABATTA UNSLICED

MEDITERRA CODE: 4052
IGF CODE: 109606



V, NF, DF

Nutrition Facts

12 servings per container
Serving size 57 g

Amount per serving	
Calories	**130**
	% Daily Value *
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**13%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 1g	**3%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.6mg	8%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Unbleached hard wheat flour (malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Filtered Water, Poolish(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,Filtered Water), Sea Salt

CONTAINS: Wheat

PRODUCT ATTRIBUTES

- Weight: 16.5 oz.
- Case size: 15 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

This traditional Italian-style bread boasts a chewy exterior and an airy, open crumb that's speckled with tons of irregular air holes. Ciabatta was created to be used as a sandwich loaf, and we recommend putting ours to the test. Slice lengthwise, and pile it high with your favorite cheese and cured meats. It can also be used for dipping in soups and stews, or in your bread basket alongside a scoop of butter.

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HEARTLAND HONEY MULTIGRAIN PULLMAN SLICED 5/8

MEDITERRA CODE: 4018
IGF CODE: 109601



NF, DF

Nutrition Facts

24 servings per container
Serving size 57 g

Amount per serving
Calories 190

	% Daily Value *
Total Fat 4.5g	**6**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 240mg	**10**%
Total Carbohydrate 31g	**11**%
Dietary Fiber 3g	**9**%
Total Sugars 3g	
Includes 3g Added Sugars	**5**%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 100mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Unbleached hard wheat flour (malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Filtered Water, Poolish(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,Filtered Water), Honey, Wheat Flour, Whole-Grain, Flaxseed, Millet, Spelt, Oats, Cornmeal, Whole-Grain, Yellow, Cracked-Wheat, Pepitas(pumpkin seeds), Corn oil, Spices, Poppy Seed

CONTAINS: wheat

PRODUCT ATTRIBUTES

- Slices per loaf: ~16
- Case size: 12 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

Heartland honey multigrain is a hearty wheat bread infused with organic, local grains, as well as whole toasted pumpkin seeds. A touch of honey adds a subtle sweetness balanced by the grains and whole wheat flour. This versatile, soft crusted loaf is topped with even more pumpkin seeds, oats and cornmeal, adding a crunchy texture and nutty flavor. It's baked in a pan, resulting in the perfect loaf shape for all of your sandwich and toast needs.

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OLIVE FARM

MEDITERRA CODE: 4364
IGF CODE: 111615



V, NF, DF

PRODUCT ATTRIBUTES

- Weight: 24 oz.
- Case size: 15 each
- Shelf life: 6 months frozen, 2 days once thawed

Nutrition Facts

10 servings per container
Serving size **57 g**

Amount per serving
Calories **120**

	% Daily Value *
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 1g	**3%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.3mg	8%
Potassium 30mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid),Filtered water, Kalamata olives (Olives,water ,salt ,olive oil), Levain (unbleached hard wheat flour-malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid,Filtered water), Wheat flour, Whole-Grain, Sea salt,Cornmeal.

Contains: wheat

DESCRIPTION

Our Olive Farm loaf is made using the same country sourdough base as our Farm bread. Salty, briny Kalamata olives add a depth of flavor to the loaf, and just enough saltiness to keep you coming back for more. The crust is perfectly chewy, with olives dotting the surface of the bread, hinting at what's inside. With a quarter pound of olives in each loaf, this bread is a meal in itself. We recommend also trying it with pasta, or dipped in hummus.

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PUMPERNICKEL DELI LOAF SLICED 5/8

MEDITERRA CODE: 4467
IGF CODE: 109604



V, NF, DF

Nutrition Facts

24 servings per container
Serving size 57 g

Amount per serving
Calories 200

	% Daily Value *
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 460mg	**20%**
Total Carbohydrate 41g	**15%**
Dietary Fiber 3g	**12%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 6g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2.1mg	10%
Potassium 110mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

Ingredients: King Arthur, Rye Flour, Medium, Caramel Coloring,Pumpernickel Flour, Dry Active Yeast,Optima 350(Wheat Flour, Enzyme), Naturell(Wheat Flour,Malted Barley,Asorbic Acid)

PRODUCT ATTRIBUTES

- Slices per loaf: ~20
- Case size: 8 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

To prepare our traditional Pumpernickel loaf, coarsely ground whole grain rye flour is gently infused with molasses, resulting in a bread that is both slightly sweet and slightly sour. The interior is dense and hearty in texture with a thick, chewy crust. Serve alongside your favorite soup for a perfect way to warm up on a cold winter evening, or pair it with cream cheese, smoked salmon, and thinly sliced tomato. You won't believe how those flavors marry!

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RED FIFE DELI SLICED 5/8

MEDITERRA CODE: 4469
IGF CODE: 109605



Nutrition Facts

26 servings per container
Serving size **2 oz (57g)**

Amount per serving
Calories **90**

	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**13%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**12%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 3.2mg	20%
Potassium 10mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Red Fife Flour, Filtered Water, Levain(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,Filtered Water), Raw Wheat Germ, Sea Salt

CONTAINS: wheat

PRODUCT ATTRIBUTES

- Slices per loaf: ~20
- Case size: 6 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

Made using organic heritage red fife grain grown on our own land in Arizona. The entire milling process is done in-house using traditional stone-ground milling equipment. Natural levain (sourdough) starter is added, giving this loaf a subtle, tangy bite. Use it in place of a traditional sourdough bread, paired with your favorite meats and cheeses, or simply toast and enjoy.

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RUSTIC WHITE SOURDOUGH DELI SLICED 5/8

MEDITERRA CODE: 4471
IGF CODE: 109602



V, NF, DF

Nutrition Facts

22 servings per container
Serving size 57 g

Amount per serving
Calories 120

	% Daily Value *
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Unbleached hard wheat flour (malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Filtered Water, Levain(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Wheat Flour

CONTAINS: wheat

PRODUCT ATTRIBUTES

- Slices per loaf: ~22
- Case size: 6 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

Rustic white sourdough deli is our take on traditional French bread, or "pain au levain". To give ours its rich and complex flavor, we mix wheat and white flour, then add our levain sourdough starter. It's honeycomb crumb and delicate tang make it very versatile. It's the perfect complement to a soup or stew, and it makes a delicious sandwich.

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SEEDED RYE DELI SLICED 5/8

MEDITERRA CODE: 4472
IGF CODE: 109609



V, NF, DF

Nutrition Facts

24 servings per container
Serving size 57 g

Amount per serving
Calories 170

	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 390mg	**17%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 4g	**13%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 130mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Unbleached hard wheat flour (malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Rye Flour, Medium, Filtered Water, Caraway Seed

CONTAINS: Wheat

PRODUCT ATTRIBUTES

- Slices per loaf: ~24
- Case size: 8 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

Loaded with caraway seeds, our rye bread is dense, moist, and chewy without being tough. Its sturdy texture and lightly sour flavor provide the perfect pairing for a thick spread of cream cheese or sweet butter. It's also the perfect thick, sturdy piece of bread you need to make a world class reuben sandwich. But with layers of sophisticated flavor, our Seeded Rye tastes just as good with butter and jam at breakfast. Bursting with flavor and texture, it's perfect with just about anything.

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SEEDED RYE PULLMAN SLICED 5/8

MEDITERRA CODE: 4056
IGF CODE: 109610



V, NF, DF

PRODUCT ATTRIBUTES

- Slices per loaf: ~16
- Case size: 12 each
- Shelf life: 6 months frozen, 2 days once thawed

Nutrition Facts

12 servings per container
Serving size 57 g

Amount per serving	
Calories	**170**
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 390mg	**17%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 4g	**13%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 130mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Unbleached hard wheat flour (malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Rye Flour, Medium, Filtered Water, Caraway Seed

CONTAINS: Wheat

DESCRIPTION

If you're looking for a loaf of bread with a deep, earthy flavor, look no further than our traditional seeded rye. Made with a true rye sourdough starter and loaded with caraway seeds, our rye bread is dense, moist, and chewy without being tough. Its sturdy texture and lightly sour flavor provide the perfect pairing for a thick spread of cream cheese or sweet butter. It's also the perfect thick, sturdy piece of bread you need to make a world class reuben sandwich.

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SOURDOUGH BOULE

MEDITERRA CODE: 4010
IGF CODE: 109607



V, NF, DF

PRODUCT ATTRIBUTES

- Weight: 18 oz.
- Case size: 15 each
- Shelf life: 6 months frozen, 2 days once thawed

Nutrition Facts

12 servings per container
Serving size 57 g

Amount per serving
Calories 90

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 18g	**7%**
Dietary Fiber 1g	**2%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.1mg	6%
Potassium 30mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Unbleached hard wheat flour (malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Filtered Water, Chef Starter(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,Filtered Water)

CONTAINS: Wheat

DESCRIPTION

Our Sourdough is made in the tradition of the old-style San Francisco breads. As a result, this bread requires extra time, which also helps to uncover a flavor more complex and distinct than other breads. Once baked, it has a crackling, crisp crust, a wonderful sourdough tang, and a chewy texture that pairs well with just about anything.

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HEARTLAND GRAIN DINNER ROLL

MEDITERRA CODE: 4016



NF, DF

Nutrition Facts

1 serving per container
Serving size 49 g

Amount per serving	
Calories	**160**
	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**9%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 2g	**8%**
Total Sugars 3g	
Includes 2g Added Sugars	**4%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.7mg	10%
Potassium 90mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Unbleached hard wheat flour (malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Filtered Water, Poolish(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,Filtered Water), Honey, Wheat Flour, Whole-Grain, Flaxseed, Millet, Spelt, Oats, Cornmeal, Whole-Grain, Yellow, Cracked-Wheat, Pepitas(pumpkin seeds), Corn oil, Spices, Poppy Seed

CONTAINS: wheat

PRODUCT ATTRIBUTES

- Weight: 1.7 oz.
- Case size: 144 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

This hearty wheat roll is infused with organic, local grains, as well as whole toasted pumpkin seeds. A touch of honey adds a subtle sweetness balanced by the grains and whole wheat flour. This versatile, soft crusted loaf is topped with even more pumpkin seeds, oats and cornmeal, adding a crunchy texture and nutty flavor.

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OLIVE OIL FOCACCIA

MEDITERRA CODE: 4166
IGF CODE: 112131



V, NF, DF

Nutrition Facts

1 serving per container
Serving size 57 g

Amount per serving	
Calories	**170**
	% Daily Value *
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**8%**
Total Carbohydrate 29g	**11%**
Dietary Fiber <1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.8mg	10%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid),, Poolish Starter(Unbleached hard wheat flour [malted barley flour , niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Filtered Water), Filtered Water, Olive Oil

Contains: Wheat

PRODUCT ATTRIBUTES

- Weight: 2.5 lb.
- Case size: 9 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

The ingredients used to make our focaccia are simple, but the result is a rich, irresistible bread. The texture is soft, with a chewy crust that's sprinkled with coarse sea salt. It's the perfect addition to a meat and cheese plate, used for sandwiches, or simply enjoyed all on its own.

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PECAN CRANBERRY

MEDITERRA CODE: 4062
IGF CODE: 112418



V, DF

PRODUCT ATTRIBUTES

- Weight: 17.5 oz.
- Case size: 15 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

Pecan Cranberry loaf is loaded with tart, dried cranberries and toasted pecans, all held together by a small amount of naturally leavened bread. The result is a complex, dense bread with an intense crust, and a flavor that is first rich and nutty, quickly followed by the chewy sweetness and surprising tang of the cranberries and sourdough.

Nutrition Facts

5 servings per container
Serving size **100 g**

Amount per serving
Calories **220**

	% Daily Value *
Total Fat 12g	**15%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 3g	**10%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.7mg	10%
Potassium 100mg	2%

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

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Levain Starter(malted barley flour, niacin,reduced iron,thiamine mononitrate, riboflavin,folic acid,Filtered Water), Filtered Water, Cranberries,Pecans, Sea salt,Cornmeal.

Contains: pecans, Wheat

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