



# NUTRITION FACTS

765 South Colorado Boulevard  
 Denver, CO 80246  
 303-778-8877  
 denver@greatharvest.com

Amounts per Serving:

	Serving Size	Serv. per Container	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Honey Whole Wheat	1 Slice 2oz (56g)	About 18	120	5	0.5g 1%	0g 0%	0g	0mg 0%	310mg 13%	27g 9%	4g 15%	6g	4g	0%	0%	2%	6%
Blueberry Hazelnut	1 Slice 2oz (56g)	About 17	130	15	2g 3%	0g 0%	0g	0mg 0%	290mg 12%	27g 9%	4g 16%	7g	4g	0%	0%	2%	6%
Challah	1 Slice 2oz (56g)	About 13	140	10	1g 1%	0g 1%	0g	15mg 5%	260mg 11%	29g 10%	4g 16%	5g	5g	0%	0%	0%	6%
Cherry Apple Berry	1 Slice 2oz (56g)	About 17	130	5	0.5g 1%	0g 0%	0g	0mg 0%	280mg 12%	29g 10%	4g 16%	8g	4g	2%	0%	2%	6%
Cherry Walnut	1 Slice 2oz (56g)	About 18	130	20	2g 3%	0g 1%	0g	0mg 0%	290mg 12%	27g 9%	4g 14%	6g	4g	4%	0%	2%	8%
Cinnamon Pecan Swirl	1 Slice 2oz (56g)	About 12	180	60	7g 11%	0.5g 3%	0g	10mg 3%	250mg 10%	28g 9%	4g 16%	12g	4g	0%	0%	2%	6%
Cinnamon Swirl	1 Slice 2oz (56g)	About 12	150	10	1g 2%	0g 0%	0g	10mg 3%	290mg 12%	31g 10%	3g 12%	13g	3g	0%	0%	2%	6%
Cranberry Orange	1 Slice 2oz (56g)	About 16	120	5	0g 0%	0g 0%	0g	0mg 0%	280mg 12%	28g 9%	3g 12%	10g	4g	0%	0%	0%	6%
Dakota	1 Slice 2oz (56g)	About 18	150	40	4g 6%	0.5g 3%	0g	0g 0%	260mg 11%	25g 8%	4g 15%	5g	5g	0%	0%	2%	10%
Honey Bunny & Spooky Spider	1 Slice 2oz (56g)	About 18	120	5	0.5g 1%	0g 0%	0g	0mg 0%	330mg 14%	26g 9%	3g 14%	6g	4g	0%	0%	2%	6%
Hot Cross Buns	1 Bun 3.5oz (110g)	6	290	15	1.5g 2%	0g 1%	0g	15mg 4%	460mg 19%	62g 21%	7g 27%	24g	7g	0%	0%	2%	10%
Irish Soda Bread	1 Slice 2oz (56g)	About 18	130	5	0.5g 1%	0g 1%	0g	0mg 0%	150mg 6%	30g 10%	4g 15%	13g	4g	0%	2%	4%	8%
Kalamata Olive Sourdough	1 Slice 2oz (56g)	About 14	170	30	3.5g 5%	0g 0%	0g	0mg 0%	390mg 16%	33g 11%	5g 20%	0g	7g	0%	0%	2%	10%
Kansas Krunch	1 Slice 2oz (56g)	About 18	130	15	2g 3%	0g 0%	0g	0mg 0%	290mg 12%	26g 9%	4g 16%	4g	5g	0%	0%	2%	8%
Nine Grain	1 Slice 2oz (56g)	About 17	120	5	0.5g 1%	0g 1%	0g	0mg 0%	290mg 12%	25g 8%	4g 15%	4g	5g	0%	0%	2%	6%
Pale Ale & Cheddar	1 Slice 2oz (56g)	About 16	140	25	3g 5%	1.5g 8%	0g	10mg 3%	220mg 9%	24g 8%	3g 12%	6g	6g	0%	0%	6%	6%
Parmesan Pepper Bomb	1 Slice 2oz (56g)	About 16	130	20	2.5g 4%	1.5g 6%	0g	5mg 2%	350mg 15%	20g 7%	3g 14%	4g	7g	2%	0%	10%	6%
Raisin Cinnamon Burst	1 Slice 2oz (56g)	About 17	160	25	3g 5%	.5g 3%	0g	0mg 0%	270mg 11%	29g 10%	3g 12%	13g	4g	0%	0%	2%	6%
Roasted Red Pepper Swiss	1 Slice 2oz (56g)	About 17	120	20	2g 3%	1g 5%	0g	5mg 2%	270mg 11%	22g 7%	3g 12%	3g	5g	4%	0%	6%	6%
Spinach Feta	1 Slice 2oz (56g)	About 16	140	20	2.5g 4%	1.5g 8%	0g	10mg 3%	440mg 18%	24g 8%	2g 8%	5g	5g	15%	2%	6%	8%
Stuffing Bread	1 Slice 2oz (56g)	About 16	100	5	0.0g 1%	0g 0%	0g	0mg 0%	260mg 11%	19g 6%	3g 13%	4g	4g	0%	2%	2%	6%
Virginia Rolls	1 Roll 3oz (85g)	About 12	220	60	7.0g 11%	4g 20%	0g	15mg 5%	360mg 15%	34g 11%	4g 16%	6g	7g	6%	2%	2%	2%
Whole Grain Sourdough	1 Slice 2oz (56g)	About 14	140	45	5g 8%	0.5g 3%	0g	0mg 0%	250mg 10%	22g 7%	5g 20%	0g	6g	0%	0%	2%	10%



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Berry Scones	1/2 Scone 4oz (116g)	2	380	140	15g 23%	9g 45%	0g	65mg 22%	190mg 8%	53g 18%	6g 24%	18g	7g	10%	2%	6%	10%
Blueberry Muffins	1/2 Muffin 4.5oz (130g)	2	280	60	7g 11%	1g 5%	0g	20mg 7%	135mg 6%	54g 18%	6g 24%	25g	7g	0%	2%	6%	10%
Chocolate Chip Scones	1/2 Scone 4oz (119g)	2	450	180	20g 31%	12g 60%	0g	65mg 22%	190mg 8%	62g 21%	7g 28%	26g	8g	10%	0%	6%	15%
Cinnamon Chip Scones	1/2 Scone 4oz (119g)	2	470	190	21g 32%	11g 55%	0g	65mg 22%	190mg 8%	62g 21%	6g 24%	27g	7g	10%	0%	8%	15%
Cinnamon Rolls	1/2 Roll 4oz (122g)	2	330	25	2.5g 4%	0g 0%	0g	25mg 8%	640mg 27%	68g 23%	7g 28%	29g	8g	0%	0%	4%	15%
Cookie Mix (Nutrition for Prepared Cookies)	1/2 Cookie 15.75g	About 60	60	15	1.5g 2%	1g 5%	0g	0mg 0%	55mg 2%	12g 4%	1g 4%	7g	1g	0%	0%	2%	2%
Everything Good Muffins	1/2 Muffin 4oz (116g)	2	300	80	8g 12%	1g 5%	0g	35mg 12%	130mg 5%	53g 18%	7g 28%	25g	9g	25%	2%	8%	15%
Fruity Booty Bars	1/2 Bar 2.5oz (71g)	2	240	25	2.5g 4%	1.5g 8%	0g	15mg 5%	240mg 10%	52g 17%	3g 12%	33g	4g	0%	0%	6%	10%
Great Granola	1/2 Cup 1.5oz (43g)	About 8	170	50	6g 9%	0.5g 3%	0g	0mg 0%	0mg 0%	26g 9%	3g 12%	10g	5g	0%	0%	4%	10%
Harvest Crunch Trail Mix	1/4 Cup 1.25oz (35g)	About 12	160	90	10g 15%	1.5g 8%	0g	0mg 0%	0mg 0%	17g 6%	2g 8%	11g	4g	0%	0%	2%	10%
Oatmeal Chocolate Chip Cookies	1/2 Cookie 2oz (60g)	2	250	110	12g 18%	7g 35%	0g	25mg 8%	110mg 5%	35g 12%	3g 11%	21g	4g	4%	0%	4%	8%
Pancake Mix (Nutrition for Prepared Pancakes)	2 Pancakes 1/3c.Mix(47g)	About 19	120	25	3g 5%	0g 0%	0g	25mg	350mg 9%	31g 5%	4g 8%	7g	8g	0%	2%	15%	6%
Popcorn Bars	1/2 Bar 1.5oz (40g)	2	170	60	7g 11%	3g 15%	0g	10mg 3%	50mg 2%	24g 8%	2g 8%	16g	4g	2%	0%	2%	10%
Raisin Pecan Cinnamon Rolls	1/2 Roll 6oz (171g)	2	550	150	17g 26%	1.5g 8%	0g	25mg 8%	640mg 27%	94g 31%	10g 40%	47g	10g	0%	2%	6%	20%
Raspberry Muffins	1/2 Muffin 4.5oz (124g)	2	270	60	7g 11%	1g 5%	0g	20mg 7%	135mg 6%	53g 18%	6g 24%	23g	7g	2%	6%	6%	15%
Rocky Mountain Bars (Energy Bars)	1/2 Bar 4oz (118g)	2	490	190	21g 32%	4.5g 23%	0g	0mg 0%	110mg 5%	71g 24%	7g 28%	43g	13g	0%	2%	4%	15%