

Breads

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Croissant	230	110	12 g	7 g	0 g	30 mg	250 mg	27 g	1 g	5 g	5 g
Focaccia Bread	220	35	4 g	1 g	0 g	0 mg	480 mg	40 g	2 g	2 g	7 g
French Batard	210	5	.5 g	0 g	0 g	0 mg	470 mg	46 g	1 g	1 g	7 g
Multigrain Batard	250	30	3.5 g	0 g	0 g	0 mg	460 mg	46 g	5 g	5 g	10 g
Onion Roll	230	45	5 g	1 g	0 g	5 mg	400 mg	39 g	1 g	4 g	8 g
Sliced Wheat Bread	300	45	5 g	0 g	0 g	0 mg	0 mg	54 g	4 g	8 g	12 g