

Julian Bakery Breads

Smart Carb#1 Bread

Nutrition Facts

Serving Size	1 slice (1.5 Ounces or 42.5g)
Servings Per Loaf	Approx. 16 (24 Ounces or 1.5LBS)
Amount Per Serving	
Calories 109	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	2%
Total Carbohydrate 13g	7%
Dietary Fiber 12g	48%
Net Carbs1g*****	0%
Sugars 0g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh Ground Whole Grain *Wheat, Sprouts of *Kamut, *Spelt, *Rye, Lentils, Sesame Seeds, *Millet, *Quinoa, *Amaranth, Ground Flaxseed, *Wheat Bran, Oat Bran, Eggs, Undenatured Whey Protein Isolate (90%), Chicory Root (Inulin Fiber), Wheat Gluten, Yeast & Sea Salt.

Smart Carb#2 Cinnamon Raisin

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 16
Amount Per Serving	
Calories 137	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 5 mg	2%
Sodium 75mg	1%
Total Carbohydrate 15g	9%
Dietary Fiber 13g	48%
Net Carbs 2g*****	0%
Sugars 1g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh Ground Whole Grain *Wheat, Sprouts of *Kamut, *Spelt, *Rye, Lentils, Sesame Seeds, *Millet, *Quinoa, *Amaranth, Ground Flaxseed, *Wheat Bran, Oat Bran, Eggs, Undenatured Whey Protein Isolate (90%), Chicory Root (Inulin Fiber), Wheat Gluten, Cinnamon, Raisins, Yeast & Sea Salt.

Smart Carb GF#3

Nutrition Facts

Serving Size	1 slice = 3/8 inch
Servings Per Loaf	Approx. 16
Amount Per Serving	
Calories 73	Calories from Fat 9
% Daily Value	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	1%
Total Carbohydrate 10g	5%
Dietary Fiber 7g	
Net Carbs 3g*****	25%
Sugars 0g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh Ground Alkaline Forming Grains of *Millet, *Buckwheat (Gluten Free), *Teff, Eggs, Chicory Root (Inulin), Fresh Ground Flaxseed (Non-GMO), Extra Virgin Olive Oil, Sea Salt & Purified Water.

12 Grain Sandwich Bread

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 15
Amount Per Serving	
Calories 88	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 110mg	3%
Total Carbohydrate 16g	9%
Dietary Fiber 8g	
Net Carbs 8g*****	11%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 2%
Thiamin 7%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh stone ground, whole grain *wheat, *kamut, *millet, *corn, *rye, oats, *barley, brown rice, *quinoa, *amaranth, *spelt, flax seed, unsulphered molasses, yeast & sea salt.

Apple Cinnamon Raisin

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 16
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 110mg	4%
Total Carbohydrate 18g	10%
Dietary Fiber 4g	
Net Carbs 14g*****	10%
Sugars 4g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh stone ground whole grain *wheat, fresh apples, honey, raisins, yeast, cinnamon & sea salt.

Wonderful Bread

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 14
Amount Per Serving	
Calories 96	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 16g	7%
Dietary Fiber 8g	
Net Carbs 8g*****	18%
Sugars 1g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh ground whole grains of golden *wheat, oats, *rye, *corn, brown rice, *millet, seeds of sunflower, flax, sesame, poppy, pumpkin, pinto beans, honey, yeast & sea salt.

Oat Bran Bread

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 16
Amount Per Serving	
Calories 88	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	3%
Total Carbohydrate 16g	7%
Dietary Fiber 6g	
Net Carbs 10*****	15%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh ground golden whole grain *wheat grain *wheat, oat bran, soy protein, honey, purified water, yeast & sea salt.

Amazing Sourdough Low Calorie and Low carb

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 16
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	2%
Total Carbohydrate 10g	7%
Dietary Fiber 6g	
Net Carbs 4g*****	11%
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Organic Fresh ground high protein golden whole grain *wheat, onion, Undenatured Whey Protein Isolate (90%), Chicory Root (Inulin Fiber), sesame seeds, yeast & sea salt.

Lite As White

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 16
Amount Per Serving	
Calories 88	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	3%
Total Carbohydrate 16g	7%
Dietary Fiber 6g	
Net Carbs 10g*****	15%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh ground golden whole grain *wheat grain *wheat, soy protein, honey, purified water, yeast & sea salt.

Mama Bear Bread

Nutrition Facts

Serving Size	1 slice = 1/2 inch
Servings Per Loaf	Approx. 14
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 12g	8%
Dietary Fiber 4g	
Net Carbs 8g*****	5%
Sugars 3g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Iron 6%	Calcium 2%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh stone ground whole grain *kamut , *millet, *amaranth, soy protein, whey, flaxseed, lite honey, yeast, poppy seeds & sea salt.

Tofu Bread

Nutrition Facts

Serving Size	1 slice = 1/4 inch
Servings Per Loaf	Approx. 14
Amount Per Serving	
Calories 88	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 10g	5%
Dietary Fiber 5g	10%
Net Carbs 5g*****	0%
Sugars 0g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Tofu, *kamut, *rye, *millet, *amaranth, *miso (organic soy bean), sunflower seeds & sea salt.

Southwestern Cornbread

Nutrition Facts

Serving Size	1 slice = 1/4 inch
Servings Per Loaf	Approx. 12
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value	
Total Fat 2g	4%
Saturated Fat 1g	1%
Cholesterol 1mg	2%
Sodium 140mg	5%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	
Net Carbs 13g*****	15%
Sugars 4g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh stone ground Organic Corn, Brown rice, , *millet, eggs, Buttermilk, Honey, Yeast, Guar Gum, & sea salt.

Dinner Bread

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 14
Amount Per Serving	
Calories 75	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	17%
Net Carbs 4g*****	0%
Sugars 0g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh ground whole grain *kamut, *millet, *amaranth, chia seeds, onion, rosemary & sea salt.

Pure & Simple Kamut

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 14
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 8g	4%
Dietary Fiber 4g	13%
Net Carbs 4g*****	0%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: *Kamut, *millet, *amaranth, purified water & sea salt.

Spelt Multigrain

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 14
Amount Per Serving	
Calories 65	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 10g	8%
Dietary Fiber 6g	11%
Net Carbs 4g*****	0%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh stone ground whole grains of *spelt, brown rice, *millet, *quinoa, *rye & sea salt.

Bible Recipe

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 14
Amount Per Serving	
Calories 75	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	2%
Total Carbohydrate 10g	5%
Dietary Fiber 5g	10%
Net Carbs 4g*****	0%
Sugars 0g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh stone ground whole grain, *kamut, *millet, *amaranth, oats, lentils, peas, onions & sea salt.

Bless Your Heart

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 14
Amount Per Serving	
Calories 65	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 8g	4%
Dietary Fiber 4g	14%
Net Carbs 4g*****	0%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh stone ground whole grains of *kamut, *millet, *amaranth, sesame seeds, onion & sea salt.

Real Sourdough Rye

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 15
Amount Per Serving	
Calories 55	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 8g	6%
Dietary Fiber 4g	14%
Net Carbs 4g*****	0%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 3%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh stone ground *rye, *quinoa, caraway seeds, onion granules & sea salt.

Bean Bread

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 12
Amount Per Serving	
Calories 91	Calories from Fat 9
% Daily Value	
Total Fat 1g	3%
Saturated Fat 1g	1%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 6g	
Net Carbs 10g*****	15%
Sugars 2g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: (Gluten Free) Fresh stone ground whole grains of brown rice, *millet, *buckwheat, pinto beans, eggs, onions, guar gum, honey, yeast & sea salt.

Manna From Heaven 2 Net Carbs

Nutrition Facts

Serving Size	1 Slice = 1/4 inch
Servings Per Loaf	Approx. 14
Amount Per Serving	
Calories 85	Calories from Fat 9
% Daily Value	
Total Fat 1g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	2%
Total Carbohydrate 10g	4%
Dietary Fiber 8g	
Net Carbs 2 g*****	18%
Sugars 0g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 4%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Sprouted whole grains of *kamut®, *spelt, *rye, *millet, *quinoa, *amaranth, lentils, sesame & flax seeds & sea salt.

Purity Bread

Nutrition Facts

Serving Size	1 slice
Servings Per Loaf	Approx. 15
Amount Per Serving	
Calories 68	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 10g	10%
Dietary Fiber 8g	
Net Carbs 2g*****	16%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Iron 7%	Calcium 3%
Thiamin 8%	

**Percent Daily Values are based on a 2,000-calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh Ground Whole Grains of *Buckwheat, *Millet, *Brown Rice, *Teff, Fresh Ground Flaxseed, (Sprouted 13 Whole Bean Mix of Navy, Black, Red, Pinto, Baby Limas, Large Limas, Garbonzo, Great Northern, Kidney, Blackeyed, Yellow & Green Split Peas & lentils), Onion, Guar Gum & Sea Salt.

Carbs & Fiber In The Following. All nutritional information is taken from Bob's Red Mill website. Each item = ¼ Cup. This is a partial list of ingredients in 21 of the **Julian Bakery Breads** not including: Miso, Raisins, Honey, Onions, Apples, Buttermilk, and Some Seeds-all of which have additional carbohydrate. In ingredients list for each bread * denotes organic. *****are mine highlighting stated **Julian Bakery Net Carbs**.

¼ Cup	Carbohydrate	Fiber	Net Carbs
Whole Wheat	23	4	19
Millet	22	3	19
Teff	37	4	33
Kamut	21	3	18
Spelt	22	4	18
Rye	21	7	14
Quinoa	18	2	16
Amaranth	20	3	17
Buckwheat	21	4	17
Oat Flour	26	4	22
Barley Flour	23	5	18
Brown Rice Flour	31	2	29
Corn Meal	25	5	20
Wheat Bran	10	6	4
Lentils	27	7	20
13 Bean Mix including: Navy, Black, Red, Pinto, Baby Limas, Large Limas Garbonzo, Kidney, Great Northern Blackeyed Peas, Lentils Yellow & Green Split Peas	25	8	13