

Sami's 7 Grain Fiber Bread & Bagels Compared With Exova Laboratory Results Side By Side

Sami's Low Carb 7 Grain Fiber Bread

As Stated By Sami's Bakery

1 slice 28g

Calories	88
Carbohydrate	10g
Fiber	8g
Protein	3g

Net Carbohydrate 2g

Sami's Low Carb 7 Grain Fiber Bread

Exova Laboratory Results

1 slice 28g

Calories	80
Carbohydrate	11g
Fiber	3g
Protein	4g

Net Carbohydrate 7g

Sami's Low Carb Bagel

As Stated By Sami's Bakery

1 bagel 86g

Calories	256
Carbohydrate	28g
Fiber	24g
Protein	9g

Net Carbohydrate 4g

Sami's Low Carb Bagel

Exova Laboratory Results

1 bagel 86g

Calories	240
Carbohydrate	34g
Fiber	8g
Protein	13g

Net Carbohydrate 26g

It is obvious something is definitely not right here. Virtually identical ingredients and if you multiply the Exova bread figures (28g) by 3 (84g) you get the same figures as the Exova figures for the (86g) bagels.

Low Carb 7 Grain Fiber Bread Ingredients:

Almond Flour, Soy Flour, Bran Flour, Whole Wheat Flour, Oat Flour, Sesame Seed, Unbleached Flour, Vital Wheat, Sunflower Seeds, Salt, Olive Oil, Flax Seed, Dry Yeast Soy Protein, Wheat Germ, Wheat fiber, Cultured Organic Unbleached Wheat Flour

Low Carb Bagel Ingredients:

Soy Flour, Almond Flour, Bran Flour, Whole Wheat Flour, Oat flour, Sesame Seed, Unbleached flour, Vital Wheat, Sunflower Seeds, Salt, Olive Oil, Flax Seed, Dry Yeast, Soy Protein, Wheat Germ, Wheat Fiber, Cultured Organic Unbleached Wheat Flour, Ascorbic Acid.