

Five Julian Bakery Breads Compared With Exova Laboratory Results Side By Side

Amazing Sourdough As Stated By Julian Bakery
16 slices 42g per slice

Calories 60
Carbohydrate 10g
Fiber 6g
Protein 6g
Net Carbohydrate 4g

Amazing Sourdough Exova Laboratory Results
42g

Calories 101
Carbohydrate 18g
Fiber 4g
Protein 4g
Net Carbohydrate 14g

Manna From Heaven** As Stated By Julian Bakery
14 slices 32g per slice

Calories 85
Carbohydrate 10g
Fiber 8g
Protein 9g
Net Carbohydrate 2g

Manna From Heaven Exova Laboratory Results
32g

Calories 62
Carbohydrate 12g
Fiber 3g
Protein 2g
Net Carbohydrate 9g

Purity Bread** As Stated By Julian Bakery
15 slices 30g per slice

Calories 90
Carbohydrate 10g
Fiber 8g
Protein 6g
Net Carbohydrate 2g

Purity Bread Exova Laboratory Results
30g

Calories 55
Carbohydrate 10g
Fiber 2g
Protein 2g
Net Carbohydrate 8g

Smart Carb#1 As Stated By Julian Bakery
16 slices 42g per slice

Calories 109
Carbohydrate 13g
Fiber 12g
Protein 12g
Net Carbohydrate 1g

Smart Carb#1 Exova Laboratory Results
42g

Calories 110
Carbohydrate 19g
Fiber 5g
Protein 5g
Net Carbohydrate 14g

Smart Carb#2 Cinn-Raisin As Stated By Julian Bakery
16 slices 42g per slice

Calories 137
Carbohydrate 15g
Fiber 13g
Protein 14g
Net Carbohydrate 2g

Smart Carb#2 Cinn-Raisin Exova Laboratory Results
42g

Calories 104
Carbohydrate 19g
Fiber 5g
Protein 4g
Net Carbohydrate 14g

I have used the Julian Bakery slice and/or weight figures as stated by them. When I physically counted slices in a loaf that was actually sliced, the loaf had 2-4 less slices than stated by Julian Bakery. The unsliced loaves** could not possibly be cut into the portions that Julian Bakery states.

In comparing the above five Julian Bakery breads to actual laboratory reports, perhaps one question might be, where did Julian Bakery get the (false) figures used in their nutritional food facts labels?