

## Artisan Bread Ingredients

**Cheesy Bread Sticks:** Wheat Flour, Water, Dried Durum Wheat Sourdough, Yeast, Sugar, Canola and/or Soya Oil, Salt, Ascorbic Acid, Enzymes, Dextrose, Sodium Stearoyl-2-Lactylate, L-cysteine Hydrochloride, Yeast Extract. **Cheddar Cheese** (Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Color.).

Contains Wheat Flour, Milk Ingredients and Soy. May contain egg, sesame and/or mustard.

**Parmesan Bread Sticks: Dough:** Enriched flour, water, whole wheat flour, canola oil, yeast, salt, sugar, seasoning, spices, and calcium propionate. **Garlic spread:** Canola oil, water, modified palm and palm kernel oils, garlic, salt, vegetable mono and glycerides, soya lecithin, parsley, sodium benzoate, citric acid, natural flavour, colour, vitamin A palmitate, vitamin D3. Parmesan Cheese.

Contains wheat, soy and milk. May contain mustard, sesame and/or egg.

**Croissant:** Enriched Wheat Flour, water, Butter, (Milk Ingredients) Glucose-fructose/Sugar, yeast, salt, Acetylated Tartaric acid esters of Mono and Diglycerides, artificial flavour.

Contains wheat, soy and milk. May contain mustard, sesame and/or egg.

**Scissor Rolls:** Wheat Flour, Water, Dried Durum Wheat Sourdough, Yeast, Sugar, Canola Oil, Salt, ascorbic acid, enzymes.

Contains Wheat Flour, may contain trace amounts of milk ingredients, egg, sesame and/or soya ingredients.

## Artisan Bread Cooking Directions

**Cheesy Bread Sticks:** Thaw and serve

**Parmesan Sticks:** Preheat oven to 400°F (200°C) with oven rack in middle position. Remove all packaging and place bread Sticks directly on oven rack. Bake for 4-5 minutes, or until sticks are golden brown in color. Separate sticks and serve warm with your favorite dipping sauce. Oven Temperatures Vary - so please use as guide only.

**Croissants:** Thaw until doubled in size an hour or (sometimes overnight is best) Cover during thawing to prevent drying. Bake at 360F for approx. 10-15 minutes until golden brown in color. Allow to cool.  
***Oven Temperatures Vary - so please use as guide only***

**Scissor Rolls:** Thaw before baking...

Preheat oven to 375F with rack in the middle position.

Bake for 5-7 min until golden in color- Oven Temperatures Vary - so please use as guide only.

## Artisan Bread Nutritionals

Garlic Bread w/ Fire Roasted Garlic and Cheese

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per serving size (70g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories/Calories</b>	210
<b>Fat/Lipides</b>	8 g 12 %
Saturated/saturé	2 g 11 %
+ Trans/trans	0.1 g
<b>Cholesterol/Cholestérol</b>	5 mg 10 %
<b>Sodium/Sodium</b>	240 mg 10 %
<b>Carbohydrate/Glucides</b>	27 g 9 %
Fiber/Fibres	1 g 4 %
Sugars/Sucres	2 g
<b>Protein/Protéines</b>	6 g
<b>Vitamin A/Vitamine A</b>	8 %
<b>Vitamin C/Vitamine C</b>	0 %
<b>Calcium/Calcium</b>	10 %
<b>Iron/Fer</b>	10 %

Updated June 26, 2007

Garlic Parmesan Stick

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per serving size (57g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories/Calories</b>	170
<b>Fat/Lipides</b>	6 g 9 %
Saturated/saturé	1.5 g 8 %
+ Trans/trans	0.1 g
<b>Cholesterol/Cholestérol</b>	0 mg 0 %
<b>Sodium/Sodium</b>	220 mg 9 %
<b>Carbohydrate/Glucides</b>	23 g 8 %
Fiber/Fibres	2 g 8 %
Sugars/Sucres	3 g
<b>Protein/Protéines</b>	7 g
<b>Vitamin A/Vitamine A</b>	4 %
<b>Vitamin C/Vitamine C</b>	0 %
<b>Calcium/Calcium</b>	8 %
<b>Iron/Fer</b>	20 %

Updated June 26, 2007

Scissor Rolls

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 bun (41 g)	
Portion 1 pain (41 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	100
<b>Fat / Lipides</b>	1 g 2 %
Saturated / saturés	0.1 g
+ Trans / trans	0 g 1 %
<b>Cholesterol / Cholestérol</b>	0 mg
<b>Sodium / Sodium</b>	200 mg 8 %
<b>Carbohydrate / Glucides</b>	20 g 7 %
Fibre / Fibres	1 g 4 %
Sugars / Sucres	1 g
<b>Protein / Protéines</b>	3 g
<b>Vitamin A / Vitamine A</b>	0 %
<b>Vitamin C / Vitamine C</b>	0 %
<b>Calcium / Calcium</b>	0 %
<b>Iron / Fer</b>	8 %

Cheesy Bread Sticks

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per Serving (75 g)	
Par Portion (75 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	220
<b>Fat / Lipides</b>	9 g 9 %
Saturated / saturés	3 g 16 %
+ Trans / trans	0.1 g
<b>Cholesterol / Cholestérol</b>	15 mg
<b>Sodium / Sodium</b>	410 mg 17 %
<b>Carbohydrate / Glucides</b>	34 g 11 %
Fibre / Fibres	1 g 4 %
Sugars / Sucres	2 g
<b>Protein / Protéines</b>	9 g
<b>Vitamin A / Vitamine A</b>	4 %
<b>Vitamin C / Vitamine C</b>	4 %
<b>Calcium / Calcium</b>	0 %
<b>Iron / Fer</b>	15 %