



## O'Doughs product specifications

# LOAVES

Baked from scratch with flax, potato, tapioca, soya and rice flours, O'Doughs' healthful loaves meet strict dietary needs and lifestyle choices. Available in flax and white varieties, many of O'Doughs' loaves are low in fat, saturated fat free and cholesterol free. They're too good to be gluten-free.

# LOAVES

## Flax Loaf

**Ingredients:** Water, Potato Starch, Soya, Crushed Flaxseed, Tapioca Flour, Sunflower Oil, Baker's Yeast, White Rice Flour, Chickpea Flour, Cellulose Fibre, Glycerine, Sea Salt, Xanthan Gum, Organic Evaporated Cane Juice, Baking Powder, Baking Soda, Poppy Seeds.

**Contains:** Soy.

**May contain traces of:** Sesame, Egg.

**Declarations:** Low Fat, Saturated Fat Free, Cholesterol Free.



Also available in  
**1/2 Size**



1/2 FLAX LOAF



FLAX LOAF

**Weight:** 24.7oz **Dimensions:** 8.5" L x 4" W x 3.5" H  
**Weight (half):** 12.3oz **Dimensions (half):** 4.3" L x 4" W x 3.5" H

### Nutrition Facts

Per 1 Slice 1.5oz (43g)  
Approximately 16 Slices Per Package

Amount Per Serving		% Daily Value*	
<b>Calories</b>	120	Calories from Fat	20
<b>Total Fat</b>	2.5g		4%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	280mg		12%
<b>Total Carbohydrate</b>	22g		7%
Dietary Fiber	4g		16%
Sugars	4g		
<b>Protein</b>	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## White Loaf

**Ingredients:** Water, Potato Starch, Soya, Tapioca Flour, Sunflower Oil, Baker's Yeast, White Rice Flour, Chickpea Flour, Cellulose Fibre, Glycerine, Sea Salt, Xanthan Gum, Organic Evaporated Cane Juice, Baking Powder, Baking Soda, Sesame Seeds.

**Contains:** Soy, Sesame.

**May contain traces of:** Egg.

**Declarations:** Low Fat, Saturated Fat Free, Cholesterol Free.



Also available in  
**1/2 Size**



1/2 WHITE LOAF



WHITE LOAF

**Weight:** 24.7oz **Dimensions:** 8.5" L x 4" W x 3.5" H  
**Weight (half):** 12.3oz **Dimensions (half):** 4.3" L x 4" W x 3.5" H

### Nutrition Facts

Per 1 Slice 1.5oz (43g)  
Approximately 16 Slices Per Package

Amount Per Serving		% Daily Value*	
<b>Calories</b>	120	Calories from Fat	25
<b>Total Fat</b>	2.5g		4%
Saturated Fat	0.5g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	280mg		12%
<b>Total Carbohydrate</b>	23g		8%
Dietary Fiber	4g		16%
Sugars	4g		
<b>Protein</b>	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4