STORE COOL AND DRY

Transform your rolls and loaves with this six-seed blend. Sprinkle atop breads, roasted veggies, and salads for extra flavor and crunch.





AMOUNT PER SERVING: CALORIES 150, TOTAL FAT 12G (15% DV), SAT. FAT 1.5G (8% DV), SODIUM 10MG (0% DV), TOTAL CARB. 8G (3% DV), FIBER 4G (14% DV), PROTEIN 5G, CALCIUM 90MG (6% DV), IRON 2.5MG (15% DV), POTAS. 200MG (4% DV). NOT A SIGNIFICANT SOURCE OF TRANS FAT, CHOLEST., TOTAL SUGARS, ADDED SUGARS AND VIT. D. %DV = %DAILY VALUE

NUTRITION FACTS SERVINGS 8. SERV. SIZE 3 TBSP (28G).

**INGREDIENTS:** SESAME SEED, FLAX SEED, SUNFLOWER SEED, BLACK CARAWAY SEED, POPPY SEED, ANISE SEED. **CONTAINS:** SESAME.

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For information on allergens and cross-contact prevention, visit: KingArthurBaking.com/Allergen-Program