



Compare Great Harvest Bread with Grocery Store Bread



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<p>Ingredients:</p> <div style="border: 1px solid red; padding: 5px; margin: 10px 0;"> <p><u>Great Harvest Bread Co.</u></p> <p>1201 E. Spring Creek Pkwy, #100 Plano, TX 75074 (972) 578-5051</p> </div> 	<p>Fresh Stone Ground 100% Whole Wheat Flour, Water, Honey, Yeast, & Salt.</p>	<p>Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, honey, sugar, wheat gluten, whole wheat flour, rye flour, wheat bran, contains 2% or less of each of the following: yeast, soy flour, salt, soybean oil, dough conditioners (contains one or more of the following: sodium stearyl lactylate, monoglycerides, mono- and diglycerides, distilled monoglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono- and diglycerides, azodicarbonamide, enzymes, ascorbic acid), cultured wheat flour, vinegar, calcium sulfate, yeast food (ammonium sulfate), monocalcium phosphate, soy lecithin, calcium carbonate.</p>
<p>Weight per Loaf:</p>	<p>34 Ounces (2 Pounds, 2 Ounces)</p>	<p>20 Ounces (1 Pound, 4 Ounces)</p>
<p>Cost per Ounce:</p>	<p>\$0.169</p>	<p>\$0.149</p>
<p>Primary Ingredient:</p>	<p>Fresh Stone Ground 100% Whole Wheat Flour (whole grains milled right in our bakery)</p>	<p>Unbleached enriched flour (a.k.a. white flour)</p>

Great Harvest Bread Co. Honey Whole Wheat Bread:
2 cents more per ounce, but **Azodicarbonamide** and **Ethoxylated Diglyceride Free!!!**