



#11203 – Whole Wheat Dinner Rolls

Nutrition Facts			
Serving Size 1 Roll (35g)			
Servings Per Container			
Amount Per Serving			
Calories 90	Calories from Fat 5		
	% Daily Value*		
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 190mg			8%
Total Carbohydrate 17g			6%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 3g			
Vitamin A 0%		• Vitamin C 4%	
Calcium 0%		• Iron 6%	
*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
Saturated 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

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, ENZYMES, FOLIC ACID), YEAST, SOYBEAN OIL, HONEY, SALT, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES, RYE FLOUR.

CONTAINS: WHEAT.