



Nutritional Information, Diet Info and Calories in Whole Grain Wheat Hamburger Rolls

from Rockland Bakery (<http://domain.com/foods/brands/Rockland+Bakery/5724>)

Nutrition Facts

Serving Size 1 bun

Amount Per Serving

Calories 130 Calories from Fat 0

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Potassium 0mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 0%

Calcium 1% • Iron 11%

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

Actions

Log this Food (#)

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Additional Serving Size Recommendations

Nutrition Facts

Serving Size 61 grams

Amount Per Serving

Calories 130 Calories from Fat 0

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Potassium 0mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 0%

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