

Modern Italian Bakery Nutrition Label

Whole Grain Whole Wheat Club Roll - 1166

12:48pm 10/03/2012

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 1 Roll	
Amount Per Serving	
Calories 230	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 10g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 15%
* 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 376g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Stone Ground Coarse Whole Wheat Flour, Water, Wheat Flour Enriched [(Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley], Wheat Gluten, Sugar, Corn Meal (Used in Processing), Shortening (Partially Hydrogenated Soybean Oil), Salt, Dough Improver (Wheat Flour, Diacetyl Tartaric Acid Esters of Mono and Diglycerides [DATEM], Salt, Calcium Sulfate, Soy Oil, Potassium Bromate, Ascorbic Acid, L. Cysteine, Enzyme, Azodicarbonamide [ADA]), Emulsifier (Water, Mono and Diglycerides, Propionic Acid, Phosphoric Acid), Yeast, Mineral Oil (Used in Processing), Calcium Sulfate, Potassium Bromate, L. Cysteine, (May Contain Trace Amounts of Poppy &/or Sesame Seeds)

CONTAINS: WHEAT