

# Nutrition Label

## Whole Grain White Wheat Kaiser Roll - 1007

<b>Nutrition Facts</b>		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Serving Size 2 oz (57g)		Calories	2,000    2,500
Servings Per Container 1 roll		Total Fat	Less than 65g    80g
<b>Amount Per Serving</b>		Sat Fat	Less than 20g    25g
<b>Calories</b> 140	Calories from Fat 15	Cholesterol	Less than 300mg    300mg
<b>% Daily Value*</b>		Sodium	Less than 2,400mg    2,400mg
<b>Total Fat</b> 1.5g	<b>3%</b>	Total Carbohydrate	300g    375g
Saturated Fat 1g	<b>4%</b>	Dietary Fiber	25g    30g
<i>Trans</i> Fat 0g		Calories per gram:	
<b>Cholesterol</b> 0mg	<b>0%</b>	Fat 9 • Carbohydrate 4 • Protein 4	
<b>Sodium</b> 290mg	<b>12%</b>		
<b>Total Carbohydrate</b> 27g	<b>9%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 3g			
<b>Protein</b> 5g			
Vitamin A 0%	• Vitamin C 15%		
Calcium 2%	• Iron 8%		

**INGREDIENTS:** Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Enzymes, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Roll Base [Salt, Dextrose, Soybean Oil, Sugar, Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Mono & Diglycerides and 2% or Less of Each of the Following: Potassium Bromate, Ascorbic Acid (Vitamin C), L-Cysteine Hydrochloride, Enzymes (Contains Wheat)], Coarse Whole Wheat Flour, Sugar, Yeast, Wheat Gluten, Dough Improver [(Wheat Flour and 2% or Less of Each of the Following: Enzymes (Contains Wheat), Ascorbic Acid (Vitamin C)), Emulsifier [Ethoxylated Mono & Diglycerides, Silicon Dioxide (Flow Aid), Wheat Flour], Cornmeal (Processing Aid), Sodium Stearoyl Lactylate, Dough Improver [(Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Diacetyl Tartaric Acid Esters of Mono and Diglycerides (DATEM), Salt, Calcium Sulfate, Soybean Oil, Potassium Bromate & 2% or Less of Each of the Following: Ascorbic Acid (Vitamin C), L-Cysteine Hydrochloride, Enzymes (Contains Wheat)], Mineral Oil (Processing Aid), Dough Conditioner (Enzymes, Ascorbic Acid), (May Contain Trace Amounts of Poppy &/or Sesame Seeds)

CONTAINS: WHEAT