

15-14

Modern Italian Bakery

Nutrition Label

Whole Grain Whole Wheat Kaiser Roll - 1007

12:20pm 08/15/2012

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 1 Roll	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 8%
* 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 66g 80g
Sat 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: Stone Ground Coarse Whole Wheat Flour, Water, Wheat Flour Enriched (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme), Dough Conditioner (Vegetable Shortening [Partially Hydrogenated Soybean, Cottonseed and/or Canola Oil], Salt, Dextrose, Sugar, Diacetyl Tartaric Acid Esters of Mono-Diglycerides [DATEM], Soy Flour, Mono Diglycerides, Potassium Bromate, Ascorbic Acid, L-Cysteine, Enzyme, Azodicarbonamide [ADA]), Corn Meal (Used in Processing), Wheat Gluten, Sugar, Yeast, Calcium Sulfate, Potassium Bromate

CONTAINS: WHEAT