

Nutrition Label

Whole Grain White Wheat Club Roll - 1166

Nutrition Facts		* 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 3 oz (85g)		Calories	2,000 2,500
Servings Per Container 1 Roll			
Amount Per Serving			
Calories	210	Calories from Fat	15
% Daily Value*			
Total Fat	2g	3%	
Saturated Fat	0.5g	3%	
<i>Trans</i> Fat	0g		
Cholesterol	0mg	0%	
Sodium	460mg	19%	
Total Carbohydrate	41g	14%	
Dietary Fiber	5g	18%	
Sugars	4g		
Protein	7g		
Vitamin A	0%	• Vitamin C	15%
Calcium	2%	• Iron	15%

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	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	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Enzymes, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Coarse Whole Wheat Flour, Sugar, Salt, Soybean Oil, Yeast, Emulsifier [Water, Monoglycerides and 2% or Less of Each of the Following: Preservatives (Propionic Acid, Phosphoric Acid)], Dough Improver [(Wheat Flour and 2% or Less of Each of the Following: Enzymes (Contains Wheat), Ascorbic Acid (Vitamin C)), 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)), Cornmeal (Processing Aid), Mineral Oil (Processing Aid), Dough Conditioner (Enzymes, Ascorbic Acid), L.Cysteine, (May Contain Trace Amounts of Poppy &/or Sesame Seeds)

CONTAINS: WHEAT