

Nutrition Label

Whole Grain White Wheat Kaiser Roll - 1007

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 2 oz (57g)		Calories	2,000 2,500
Servings Per Container 1 roll			
Amount Per Serving			
Calories 140	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g		65g	80g
Saturated Fat 1g		20g	25g
<i>Trans</i> Fat 0g		300mg	300mg
Cholesterol 0mg		2,400mg	2,400mg
Sodium 290mg		300g	375g
Total Carbohydrate 27g		25g	30g
Dietary Fiber 3g			
Sugars 3g			
Protein 5g			
Vitamin A 0%	• Vitamin C 15%		
Calcium 2%	• Iron 8%		

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), 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