



**WHOLE WHEAT DINNER ROLL - 2070**

**Pack Size: 0 per dz**

**UPC Code:**

<b>Nutrition Facts</b>			
Serving Size 1 ROLL (71 g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories 200</b>	<b>Calories from Fat 20</b>		
	Calories From Saturated Fat 0		
% Daily Value*			
<b>Total Fat 2g</b>	<b>3%</b>		
Saturated Fat 0g	0%		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 560mg</b>	<b>23%</b>		
Potassium 130mg	4%		
<b>Total Carbohydrate 40g</b>	<b>13%</b>		
Dietary Fiber 4g	15%		
Sugars 2g			
<b>Protein 7g</b>	<b>13%</b>		
Vitamin A	0%		
Vitamin C	6%		
Calcium	2%		
Iron	10%		
Vitamin D	0%		
Vitamin E	4%		
Vitamin K	15%		
Thiamin	20%		
Riboflavin	10%		
Vitamin B6	4%		
Folate	15%		
Vitamin B12	0%		
Biotin	0%		
Copper	8%		
Iodine	0%		
Magnesium	10%		
Manganese	60%		
Phosphorus	10%		
Selenium	40%		
Zinc	6%		
Pantothenic Acid	4%		
* 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	375g
Dietary Fiber		25g	30g
Calories per gram			
	Fat 9	Carbohydrate 4	Protein 4

INGREDIENTS: WATER, ENRICHED WHEAT FLOUR, NIACIN, IRON, CALCIUM, THIAMIN, RIBOFLAVIN, FOLIC ACID, GRANULATED SUGAR, ENRICHED BLEACHED WHEAT FLOUR (MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEFATTED SOY FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO-DIGLYCERIDES (DATEM), MONOGLYCERIDES AND 2% OR LESS OF EACH OF THE FOLLOWING: POTASSIUM BROMATE, ENZYMES (WHEAT), ASCORBIC ACID, L-CYSTEINE HYDROCHLORIDE, YEAST, SOYBEAN OIL, EVAPORATED SALT, CARMEL COLOR