



Product Name: JR Wheat Spolettini Roll #290

Nutrition Facts		
Serving Size:	1 Roll 2oz (56g)	
Serving Per Container:		
Amount Per Serving		
Calories	140	
Calories from Fat	15	
% Daily Values*		
Total Fat	2 g	%
Saturated Fat	0 g	%
Trans Fat	0 g	0%
Cholesterol	0 g	%
Sodium	310 mg	%
Potassium	91 mg	3%
Total Carbohydrate	26 g	%
Dietary Fiber	3 g	%
Sugars	0 g	%
Protein	6 g	11%
Vitamin A	1 mcg	0%
Vitamin C	0 mg	0%
Calcium	36 mg	4%
Iron	2 mg	10%
Thiamin	0 mg	20%
Riboflavin	0 mg	8%
Niacin	3 mg	15%
Folic Acid	16 mcg	0%
*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
Saturated 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

Ingredients: Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), , Water, Salt, Yeast, Calcium Propionate (preservative)

Information:

The information listed above has been compiled from publications of the USDA and from data provided by J&K Ingredients suppliers.

To estimate the nutritional composition of a final baked item, composition information on all ingredients in formula is required.

Date: 09-27-2013