



**Product Name: # 163 Morabito Wheat LG. Kaiser 55%**

<b>Nutrition Facts</b>		
Serving Size:	1 Roll 2.25oz. (64g)	
Serving Per Container:		
Amount Per Serving		
<b>Calories</b>	190	
Calories from Fat	15	
<b>% Daily Values*</b>		
<b>Total Fat</b>	2g	%
Saturated Fat	0g	%
Trans Fat	0g	1%
<b>Cholesterol</b>	0mg	%
<b>Sodium</b>	420mg	%
<b>Potassium</b>	128mg	4%
<b>Total Carbohydrate</b>	37g	%
Dietary Fiber	4g	%
Sugars	1g	0%
<b>Protein</b>	7g	15%
Vitamin A	1 mcg	0
Vitamin C	1 mg	0%
Calcium	72 mg	8%
Iron	2 mg	15%
Thiamin	0mg	20%
Riboflavin	0 mg	10%
Niacin	3 mg	15%
Folic Acid	8 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: WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], HIGH FRUCTOSE CORN SYRUP, SALT, WHEAT GLUTEN, WHEY, YEAST, PALM SHORTENING, CORN FLOUR, MALT, CALCIUM PROPIONATE, DATEM, ASCORBIC ACID, L-CYSTEINE, ENZYMES.**

**ALLERGEN ALERT: Wheat, Milk.**

**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: 04-15-2014

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