



**Product Name: # 69 Multi Grain Dinner Roll**

<b>Nutrition Facts</b>		
Serving Size:	1 Roll 1.76oz. (50g)	
Serving Per Container:		
Amount Per Serving		
<b>Calories</b>	140	
Calories from Fat	30	
<b>% Daily Values*</b>		
<b>Total Fat</b>	3g	%
Saturated Fat	1g	%
Trans Fat	0g	0%
<b>Cholesterol</b>	0mg	%
<b>Sodium</b>	320g	%
<b>Potassium</b>	60mg	2%
<b>Total Carbohydrate</b>	23g	%
Dietary Fiber	2g	%
Sugars	1g	0%
<b>Protein</b>	5g	10%
Vitamin A	1 mcg	0
Vitamin C	12 mg	20%
Calcium	59 mg	6%
Iron	2 mg	8%
Thiamin	0mg	15%
Riboflavin	0 mg	6%
Niacin	2 mg	8%
Folic Acid	5 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:** ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, IRON (FERROUS SULFATE), NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, SUGAR, SALT, LIQUID BROWN SUGAR, SUNFLOWER SEEDS, RYE MEAL, SOYBEAN OIL, YEAST, VITAL WHEAT GLUTEN, OAT GROATS, MILLET, FLAXSEED, OATMEAL, BARLEY FLAKES, YELLOW CORN MEAL, SODIUM SEAROYLACTYLATE, SESAME SEEDS, CALCIUM STEAROYL LACTYLATE, CALCIUM PROPIONATE, CRACKED WHEAT, MOLASSES, LACTIC ACID, DIACETYL TARTARIC ACID ESTERS OF MONO-DIGLYCERIDES (DATEM), CALCIUM SULFATE, MALT, SEA SALT, AMMONIUM SULFATE, CORN STARCH, GUAR GUM, NATURAL FLAVOR, FUMARIC ACID, MONO- AND DIGLYCERIDES, ASCORBIC ACID, MONOCALCIUM PHOSPHATE, POTASSIUM IODATE, CALCIUM PEROXIDE, ENZYMES, CARAMEL COLOR.

**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: 10-17-2013