HOT DOG
#311

Ultimate Grains™ THE NATURAL CHOICE

All Natural
100% Whole Grain
White Wheat

Light in color and texture, these 100% Whole Grain White Wheat rolls promote a delicate taste using All Natural ingredients.

Nutrition Facts

Serving Size 1 Roll (57g)
Servings Per Container 8

Calories 140
Calories from Fat 15

Amount Per Serving	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Potassium 135mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 5g	

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 8%
Thiamin 10% • Riboflavin 4% • Niacin 10% • Folic 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN WHITE WHOLE WHEAT FLOUR, WATER, SUGAR, YEAST, WHEAT GLUTEN, CULTURED WHEAT FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, WHEAT FLOUR, VINEGAR, CALCIUM SULFATE, GUAR GUM, ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER). **CONTAINS: WHEAT AND SOY.**

BAKED FOR: H&S BAKERY, BALTIMORE, MD 21231 ©2011 CONN LIC #3905, www.hsbakery.com