

#514



Nutrition Facts

Serving Size 1 Roll (33g)
 Servings Per Container 16
Calories 80
 Calories from Fat 10

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	1%	Sodium 130mg	5%
Saturated Fat 0g	0%	Potassium 80mg	2%
Trans Fat 0g		Total Carbohydrate 16g	5%
Polyunsaturated Fat 0g		Dietary Fiber 2g	9%
Monounsaturated Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	Protein 3g	
Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 6%
Thiamin 8%	Riboflavin 2%	Niacin 6%	Folic Acid 2%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Nutrients	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
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

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