8-15-13

Rockland Bakery
ALWAYS FRESH

Whole Grain Wheat Kaiser 1.85 oz

0197-5L.
0201-5DL.

Nutrition Facts

Serving Size 1 Roll 1.85 oz (52g)
Servings Per Container

Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 5g	

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 8%

*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
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

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

INGREDIENTS: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Soybean Oil, Dough Conditioner (DATEM, Soybean Oil, Ascorbic Acid, Enzymes, Potassium Iodate, L-Cysteine Hydrochloride), Sugar, Yeast, Salt, Corn Meal.

Contains Soy, Wheat.

The information listed has been compiled from publications of the USDA and data provided by Rockland Bakery Suppliers

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