Rockland Bakery
ALWAYS FRESH

7-17-13

Whole Grain Wheat Club Roll 2.4oz

0235-511
0233-50L

Nutrition Facts

Serving Size 2.4 oz (68g)
Servings Per Container

Amount Per Serving

Calories 160	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 3g	**12%**
Sugars 2g	
Protein 6g	

Vitamin A 0% • Vitamin C 6%

Calcium 2% • Iron 10%

*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), Dough Improver (Salt, Vegetable Shortening (Soybean, Cottonseed, and/or Canola Oils), Dextrose, Sugar, Soy Flour, Mono and Diglycerides, Corn Starch, Contains 2% or Less of: (Ascorbic Acid, L-Cysteine Hydrochloride, Enzyme), Wheat Gluten, Yeast, Soybean Oil, 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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