



3-28-14

Whole Grain Wheat Kaiser 2.4 oz.

2503 - 50L
2505 - 5L1

Nutrition Facts

Serving Size 1 Roll 2.4oz (68g)
Servings Per Container

Amount Per Serving

	Calories from Fat 15	% Daily Value*
Calories 150		
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 260mg		11%
Total Carbohydrate 31g		10%
Dietary Fiber 3g		12%
Sugars 1g		
Protein 6g		
Vitamin A 0%	Vitamin C 15%	
Calcium 2%	Iron 10%	

*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000

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, Ferrrous 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.

Rockland Bakery Inc.

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