



3-28-14

Whole Grain Wheat Kaiser 2.4 oz.

2503 - SOL
2505 - SLI

Nutrition Facts	
Serving Size 1 Roll 2.4oz (68g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
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 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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