

Whole Grain Wheat Dinner Roll 1.8oz

7002

05/15/2015

INGREDIENTS: Whole Wheat Flour, Water, Wheat Flour Enriched (Niacin, Ferrous Sulfate, Thiamine Mononitrite, Riboflavin, Folic Acid, Malted Barley), 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, Soybean Oil, Yeast.

Nutrition Facts	
Serving Size 1 roll 1.8oz (51g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 4%
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	

Contains Soy, Wheat.

The information listed above has been compiled from publications of the USDA data provided from Rockland Bakery suppliers