

Whole Grain Wheat Dinner Roll 1.8oz

7002

05/15/2015

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

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.

Contains Soy, Wheat.

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