

Whole Wheat Kaiser 1.8oz Rockland Bakery

05/22/2012

Nutrition Facts	
Serving Size 1 roll 1.8 oz (51g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 10%
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, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Soybean Oil, Salt, Yeast, Dextrose, Sugar, Defatted Soy Flour, Mono- and Diglycerides, Calcium Stearoyl Lactylate [CSL], Monoglycerides, Potassium Iodate, Soy Lecithin, Ascorbic Acid, Enzymes [Wheat], L-Cysteine Hydrochloride, Azodicarbonamide (ADA), TBHQ (For Freshness).

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

Contains Soy, Wheat.