

# 7039

# Whole Grain Wheat Dinner Roll 2oz

06/30/2015

<b>Nutrition Facts</b>	
Serving Size 1 roll 2oz (57g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 0%	• Vitamin C 4%
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, 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