

Whole Grain Wheat Kaiser 2.4 oz -

2505

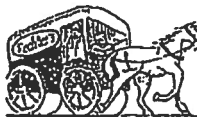
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INGREDIENTS: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Soybean Oil, Salt, Yeast, Dextrose, Sugar, Corn Meal, Defatted Soy Flour, Mono- and Diglycerides, Calcium Stearoyl Lactylate [CSL], Monoglycerides, Potassium Iodate, Soy Lecithin, Ascorbic Acid, Enzymes [Wheat], L-Cysteine Hydrochloride, Azodicarbonamide (ADA), TBHQ (For Freshness).

Nutrition Facts	
Serving Size 1 Roll 2.4 oz (68g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 6g	
Vitamin A 0%	• Vitamin C 8%
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	

The information listed has been compiled from publications of the USDA and data provided by Rockland bakery Suppliers

Contains Soy, Wheat.



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