

7-17-13

## Whole Grain Wheat Club Roll 2.4oz

			cts
erving Size			
Servings Pe	Contain	el	
mount Per Se	rving		
alories 16	Calc	ories from	n Fat 1
		% D:	aily Value
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 290mg			12%
Total Carbohydrate 32g			11%
Dietary Fiber 3g			12%
Sugars 20	1		
rotein 6g			
itamin A 0%		Vitamin (	3.6.5
Calcium 2% • Iron 10%			
Percent Daily Valet. Your daily valet epending on your	alues may b	e higher or	
otal Fat	Less than		80g
Saturated Fat holesterol	Less than	20g 300mg	25g 300mg
odium	Less than	2,400mg	2,400mg
Total Carbohydrate 300g Dietary Fiber 25g			375g 30g

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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), Dough Improver (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, Yeast, Soybean Oil, Corn Meal.

Contains Soy, Wheat.

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