HOT DOG #311

#311

Ultimate Grains™
THE NATURAL CHOICE

# All Natural
## 100% Whole Grain
# White Wheat

*Light in color and texture, these 100% Whole Grain White Wheat rolls promote a delicate taste using All Natural ingredients.*

## Nutrition Facts

Serving Size 1 Roll (57g)
Servings Per Container 8

**Calories** 140
Calories from Fat 15

| Amount Per Serving | % Daily Value* |
|---|---|
| **Total Fat** 1.5g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 220mg | 9% |
| **Potassium** 135mg | 4% |
| **Total Carbohydrate** 28g | 9% |
| Dietary Fiber 4g | 16% |
| Sugars 3g | |
| **Protein** 5g | |

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 8%
Thiamin 10% • Riboflavin 4% • Niacin 10% • Folic Acid 4%

* 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN WHITE WHOLE WHEAT FLOUR, WATER, SUGAR, YEAST, WHEAT GLUTEN, CULTURED WHEAT FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, WHEAT FLOUR, VINEGAR, CALCIUM SULFATE, GUAR GUM, ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER). CONTAINS: WHEAT AND SOY.

BAKED FOR: H&S BAKERY, BALTIMORE, MD 21231 ©2013 CONN LIC #3905, www.hsbakery.com