



#514

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.



LOW FAT

Nutrition Facts

Serving Size 1 Roll (39g)
Serving Per Container 16
Calories 80
Calories from Fat 10

Amount Per Serving	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	0%
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Vitamin A 0% • Vitamin C 0%	0%
Thiamin 8% • Riboflavin 2%	2%
Sodium 180mg	5%
Potassium 80mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

100% WHOLE GRAIN WHITE WHOLE WHEAT FLOUR, WATER, SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: PALM OIL, DATE SEED OIL, VINEGAR, WHEAT FLOUR, CALCIUM SULFATE, ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), CONTAINS WHEAT AND SOY



For Ultimate Health



- Wellness**
- Low Fat
 - 0mg Cholesterol
 - 0g Trans Fat
 - Weight Management (as part of a dietary and physical regimen)

Grains For Life

For centuries cultures have relied on bread as the staff of life. Our traditional recipe includes essential vitamins, minerals and nutrients making a wholesome natural food that is necessary to promote a balanced lifestyle. Eating whole grains provides a natural source of antioxidants, protein, complex carbohydrates and fiber for overall vital health. Vitamin packed, mineral rich, whole grains as part of a healthy diet may help reduce the risk of heart disease, diabetes, some cancers and other chronic diseases.

Taste and Experience The Ultimate Grains Difference

