

8-15-13



Whole Grain Wheat Club Roll 1.85 oz

Nutrition Facts

Serving Size 1 Roll 1.85 oz (52g)
 Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**
 Saturated Fat 0g **0%**
 Trans Fat 0g

Cholesterol 0mg **0%**
Sodium 230mg **10%**
Total Carbohydrate 25g **8%**
 Dietary Fiber 3g **12%**
 Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 4%
 Calcium 2% • Iron 8%

*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

7962 - 50L
7961 - 5Li

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 above has been compiled from publications of the USDA and from data provided by Rockland Bakery suppliers