

Nutrition Facts

Serving Size 1 Roll
(4.6oz/130g)
Servings Per Container 6

Calories 288
Calories from Fat 20

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2g	4%	Sodium 600mg	26%
Saturated Fat 0g	0%	Total Carbohydrate 62g	20%
<i>Trans</i> Fat 0g		Dietary Fiber 4g	14%
Polyunsaturated Fat 0g		Sugars 4g	
Monounsaturated Fat 0g		Protein 10g	10%
Cholesterol 0mg	0%		
Vitamin A 0% • Vitamin C 0% • Calcium 14% • Iron 28%			
Thiamin 40% • Riboflavin 20% • Niacin 30% • Folate 40%			

*Percent Daily Values (DV) 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

INGREDIENTS: WHEAT FLOUR [ENRICHED WITH BARLEY MALT, IRON (FERROUS SULFATE) AND THE FOLLOWING B VITAMINS: NIACIN, THIAMIN (B₁), RIBOFLAVIN (B₂), FOLIC ACID]; WATER, CORN SYRUP, SESAME SEEDS, YEAST, SOYBEAN OIL, WHEAT GLUTEN, SALT, DOUGH CONDITIONERS (VEGETABLE MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE.

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