

# Nutrition Facts

Serving Size 1 Roll  
(2.3oz/65g)

Servings Per Container 6

**Calories** 144

Calories from Fat 10

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 1g	<b>2%</b>	<b>Sodium</b> 300mg	<b>13%</b>
Saturated Fat 0g	<b>0%</b>	<b>Total Carbohydrate</b> 31g	<b>10%</b>
<i>Trans</i> Fat 0g		Dietary Fiber 2g	<b>7%</b>
Polyunsaturated Fat 1g		Sugars 2g	
Monounsaturated Fat 0g		<b>Protein</b> 5g	<b>10%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>		
Vitamin A 0% • Vitamin C 0% • Calcium 7% • Iron 14%			
Thiamin 20% • Riboflavin 10% • Niacin 15% • Folate 20%			

\*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 (B<sub>1</sub>), RIBOFLAVIN (B<sub>2</sub>), 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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