

Nutrition Facts

Serving Size 1 Roll
(4.1oz/118g)

Servings Per Container 6

Calories 288

Calories from Fat 20

Amount/Serving	% Daily Value*
Total Fat 2g	4%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%

Vitamin A 0% • Vitamin C 0%
Thiamin 40% • Riboflavin 20%

Amount/Serving	% Daily Value*
Sodium 560mg	23%
Total Carbohydrate 56g	18%
Dietary Fiber Less than 4g	14%
Sugars 4g	
Protein 10g	10%

• Calcium 14% • Iron 28%
• Niacin 30% • Folate 40%

*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

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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