

Nutrition Facts

Serving Size 1 Roll
(3oz/85g)
Servings Per Container 6

Calories 208
Calories from Fat 14

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 1.5g	3%	Sodium 434mg	18%
Saturated Fat 0g	0%	Total Carbohydrate 45g	15%
Trans Fat 0g		Dietary Fiber 3g	10%
Polyunsaturated Fat 0g		Sugars 3g	
Monounsaturated Fat 0g		Protein 7g	7%
Cholesterol 0mg	0%		

Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 20%
Thiamin 29% • Riboflavin 15% • Niacin 22% • Folate 29%

*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, FRESH YEAST, SOYBEAN OIL, SALT, VINEGAR, DOUGH CONDITIONERS (VEGETABLE MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE.