

Nutrition Facts

Serving Size 1 Roll (43g)

Servings Per Container 8

Amount Per Serving

Calories 120 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat .5g **3%**

Trans Fat 0g

Polyunsaturated Fat .5g

Monounsaturated Fat 1.5g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 4g

Vitamin A 0% • **Vitamin C** 0%

Calcium 6% • **Iron** 6%

Thiamin 10% • **Riboflavin** 6%

Niacin 8% • **Folic Acid** 10%

* 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
Sat 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

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO & DIGLYCERIDES, CALCIUM PEROXIDE), SUGAR, CORN FLOUR, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, CALCIUM SULFATE), CALCIUM PROPIONATE (A PRESERVATIVE)

CONTAINS: WHEAT.

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