

# Nutrition Facts

Serving Size 1 Roll (38g)

Servings Per Container 12

## Amount Per Serving

**Calories** 100      **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2g      **4%**

Saturated Fat 0g      **0%**

Trans Fat 0g

Polyunsaturated Fat .5g

Monounsaturated Fat 1.5g

**Cholesterol** 0mg      **0%**

**Sodium** 180mg      **8%**

**Total Carbohydrate** 17g      **1%**

Dietary Fiber Less than 1g      **6%**

Sugars 2g

**Protein** 3g

Vitamin A 0%      •      Vitamin C 0%

Calcium 4%      •      Iron 6%

Thiamin 10%      •      Riboflavin 6%

Niacin 6%      •      Folic Acid 8%

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, PARTIALLY HYDROGENATED SOYBEAN OIL, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, WHEAT GLUTEN, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO & DIGLYCERIDES, CALCIUM PEROXIDE), CORN FLOUR, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, CALCIUM SULFATE), SUGAR, CALCIUM PROPIONATE (A PRESERVATIVE) **CONTAINS: WHEAT.**

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