Nutrition Facts

Serving Size 1 Roll (85g)
Servings Per Container 8

Amount Per Serving

Calories 230	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 0mg	**0%**
Sodium 410mg	**17%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 7g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 10%	•	Iron 15%
Thiamin 20%	•	Riboflavin 10%
Niacin 15%	•	Folic Acid 20%

* 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, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SALT, SESAME SEEDS, WHEAT GLUTEN, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES), CORN FLOUR, SUGAR, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE), CALCIUM PROPIONATE (A PRESERVATIVE), SPICE OILS. **CONTAINS: WHEAT.**

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