Nutrition Facts

Serving Size 1 Roll (64g)
Servings Per Container 8

Amount Per Serving:

Calories 170 Calories from Fat 35

	% Daily Value*
Total Fat 4g	**6**%
Saturated Fat 1g	**4**%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	**0**%
Sodium 310mg	**13**%
Total Carbohydrate 29g	**10**%
Dietary Fiber 2g	**6**%
Sugars 4g	
Protein 6g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 8%	•	Iron 10%
Thiamin 15%	•	Riboflavin 10%
Niacin 10%	•	Folic Acid 15%

*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

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

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