Nutrition Facts

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

Amount Per Serving

Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 4g	**7%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	**0%**
Sodium 570mg	**24%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 2g	**10%**
Sugars 5g	
Protein 7g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 6%	•	Iron 15%
Thiamin 10%	•	Riboflavin 10%
Niacin 15%	•	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
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, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, YEAST, MOLASSES, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, HONEY, WHEAT GLUTEN, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES, MONO & DIGLYCERIDES, ETHOXYLATED MONO & DIGLYCERIDES), SUGAR, CARAMEL COLOR, CALCIUM PROPIONATE (A PRESERVATIVE), YEAST NUTRIENTS (AMMONIUM SULFATE, AMMONIUM CHLORIDE, CALCIUM SULFATE). **CONTAINS: WHEAT.**

Gold Medal Bakery
Fall River, MA 02724
CT. LC. 3643