



Hard Roll

Nutrition Facts	
Serving Size 1 roll (64g)	
Servings Per Container 20	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 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
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, POTASSIUM BROMATE), WATER, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SOY OIL, SALT, MILK, VITAL WHEAT GLUTEN, SUGAR, VINEGAR, DIACETYL TARTARIC ACID ESTERS OF MONO & DIGLYCERIDES (DATEM), CALCIUM SULFATE, CALCIUM PROPIONATE (PRESERVATIVES), ASCORBIC ACID, CITRIC ACID, SOY OIL, L. CYSTEINE, AZODICARBONAMIDE.

French Dough Contains: Milk and Wheat.
 Manufactured in a Facility that Processes Egg,
 Soy, Peanuts and Tree Nuts.

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