



Wheat Dinner Rolls

Nutrition Facts

Serving Size 1 roll (64g)
Servings Per Container 12

Amount Per Serving

Calories 130 **Calories from Fat** 15

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 6g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 8%
Thiamin 10%	•	Riboflavin 4%
Niacin 10%	•	Folate 4%

*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: WHOLE WHEAT FLOUR, WATER, VITAL WHEAT GLUTEN, SUGAR, VEGETABLE OIL SHORTENING (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED, OR PALM OIL), CONTAINS 2% OR LESS OF: YEAST, MONO & DIGLYCERIDES, CELLULOSE, SALT, WHEAT BRAN, VINEGAR, DIACETYL TARTARIC ACID ESTERS OF MONO & DIGLYCERIDES, CALCIUM SULFATE, POTASSIUM BROMATE, CALCIUM PROPIONATE, ASCORBIC ACID, (PRESERVATIVES), SOY OIL, L. CYSTEIN, ENZYMES, AND AZODICARBONAMIDE.

Wheat Bun Dough (Schools) Contains: Soy and Wheat.
Processed in a Facility that Manufactures Milk, Egg,
Tree Nuts and Peanuts.

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