

100% Whole Grain White Wheat Split Top Dinner Rolls (All Natural)

NET WT 18 oz
Schmidt Formula #86676
Last Updated: 5-31-13

Nutrition Facts			
Serving Size 1 Roll (33g)			
Serving Per Container 16			
Amount Per Serving			
Calories 80		Calories from Fat 10	
		% Daily Value	
Total Fat 1g			1%
Saturated Fat	0g		0%
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
Cholesterol 0mg			0%
Sodium 130mg			5%
Potassium 80mg			2%
Total Carbohydrate 16g			5%
Dietary Fiber	2g		9%
Sugars	2g		
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		
Thiamin 8%	Riboflavin 2%		
Niacin 6%	Folic Acid 2%		
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: Whole Grain White Whole Wheat Flour, Water, Sugar, Yeast, Wheat Gluten, Contains 2% or less of each of the following: Soybean Oil, Salt, Cultured Wheat Flour, Vinegar, Wheat Flour, Calcium Sulfate, Enzymes, Ascorbic Acid (Dough Conditioner).

Contains: Wheat and Soy

Claims: Low Fat
0g Trans Fat
Cholesterol Free
18g of Whole Grains per serving

One roll equals 37% of the USDA recommended daily intake of Whole Grains.

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