

Chaves Kaiser Roll

Nutrition Facts

Serving Size 1 ROLL (92g)
Servings Per Container

Amount per Serving

Calories 260 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 500mg 23%

Total Carbohydrate 52g 17%

Dietary Fiber 2g 8%

Sugars 3g

Protein 8g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 15%

Thiamin 30% • Riboflavin 15%

Niacin 20% • Folic Acid 25%

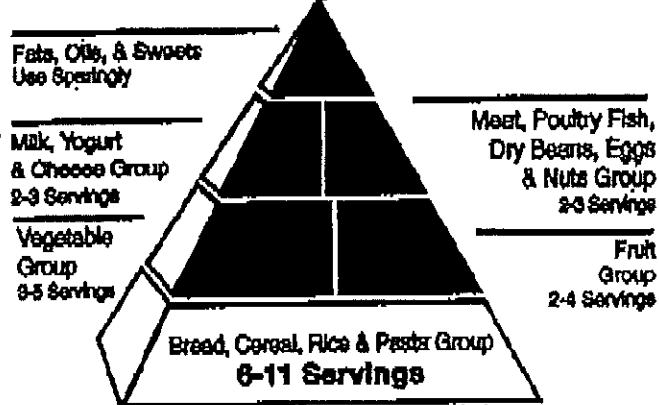
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Food Guide Pyramid

A Guide To Daily Food Choices

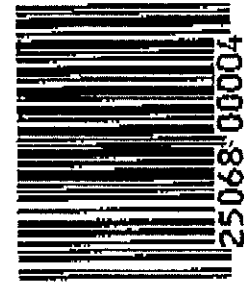


Source: United States Department of Agriculture

INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALT BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED, AND/OR CANOLA OILS), SALT, SUGAR, DEXTROSE, SOY FLOUR, DIACETYL TARTARIC ACID ESTERS OF MON-DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, MONOCALCIUM PHOSPHATE, AMMONIUM CHLORIDE, ENZYME, POTASSIUM BROMATE, ASCORBIC ACID, L-CYSTEINE, AZODICARBONAMIDE (ADA).

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May contain traces of wheat, dairy, eggs