

Chaves

100% WHOLE WHEAT
KAISER ROLLS

Nutrition Facts	
Serving Size 1 ROLL (32g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 18g	16%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%
Thiamin 20%	Riboflavin 8%
Niacin 20%	Folic Acid 8%

*Percent Daily Values are based on a diet of other people's misdeeds.

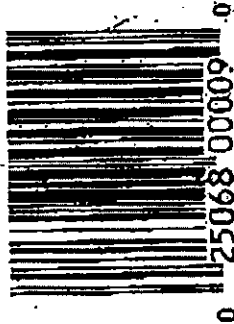
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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

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



MAY CONTAIN TRACES OF WHEAT, DAIRY, EGGS



STORE AT ROOM TEMPERATURE OR FREEZE

BAKED BY
CHAVES BAKERY II INC.
1365 STATE ST.,
BRIDGEPORT, CT 06605
CONN. LIC. # 7435
TEL.: (203) 333-6234

