Chaves

100% WHOLE WHEAT KAISER ROLLS

Nutrition Facts

Serving Size 1 ROLL (82g)
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 48g	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 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

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, AMONNIUM CHLORIDE, POTASSIUM BROMATE, CALCIUM SULFATE, ENZYME, ASCORBIC ACID, SOY OIL, L. CYSTEINE, YEAST, WHEAT PROTEIN, AZODICARBONAMIDE (ADA).

MAY CONTAIN TRACES OF WHEAT, DAIRY, EGGS

0 25068 00009 0

STORE AT ROOM TEMPERATURE OR FREEZE

BAKED BY
CHAVES BAKERY II INC.
1366 STATE ST.,
BRIDGEPORT, CT 06605
CONN. LIC.# 7435
TEL.: (203) 333-6254