

# 12 WHEAT DINNER ROLLS

<b>Nutrition Facts</b>	
Serving Size 1 roll (33g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 3g</b>	
<b>Protein 4g</b>	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 6%	
Thiamin 6% • Riboflavin 4%	
Niacin 4% • Folic Acid 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
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 WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, SOYBEAN OIL, MOLASSES, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), ETHOXYLATED MONO- AND DIGLYCERIDES, CALCIUM SULFATE, GRAIN VINEGAR, MONOCALCIUM PHOSPHATE, DATEM, SOY LECITHIN, AZODICARBONAMIDE, SOY FLOUR.

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