



34-20 12th Street
 Long Island City, NY 11106
 Ph: (718) 204-1700
 Fax: (718) 204-1732

CLUB ROLL

PLAIN	
Nutrition Facts	
Serving Size 1 Roll (3.5oz)	
Amount per Serving	
Calories 270	Calories from Fat 25
% daily value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	24%
Total Carbohydrate 56g	19%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 9g	
Vitamin A 0%	• Vitamin C 15%
Calcium 8%	• Iron 20%
Thiamin 30%	• Riboflavin 15%
Niacin 20%	• Folate 30%
* 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
Saturated 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:

Enriched bleached wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of each of the following: salt, soybean oil, yeast, liquid sugar, calcium propionate [for freshness], dextrose, diacetyl tartaric acid esters of mono-diglycerides [DATEM], monocalcium phosphate, ammonium chloride, potassium bromate, wheat flour, ascorbic acid, hydrochloride, soybean oil, calcium sulfate, enzymes

Notes:

The information listed above has been compiled from publications of the USDA and from data provided by suppliers.