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DINNER ROLL

Nutrition Facts	
Serving Size 1 Roll (2oz)	
Amount per Serving	
Calories 210	Calories from Fat 50
% daily value*	
Total Fat 6g	9%
Saturated Fat 1g	0%
<i>Trans</i> Fat 1.5g	
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
Thiamin 15%	• Riboflavin 10%
Niacin 10%	• Folate 15%
* 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, sugar, partially hydrogenated soybean oil, yeast, contains 2% or less of each of the following: salt, calcium propionate [for freshness], sodium pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate.

Notes:

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