



34-20 12<sup>th</sup> Street, Long Island City, NY 11106

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## HEROES

### 7" PLAIN

#### Nutrition Facts

Serving Size 1 Roll (93g)

##### Amount per Serving

Calories 220      Calories from Fat 15

% daily value\*

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 460mg	<b>18%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars less than 1g	

##### Protein 8g

Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%
Thiamin 30%	• Riboflavin 15%
Niacin 15%	• Folate 25%

\* 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:** unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soy/canola oil, corn flour, calcium propionate [for freshness], dough conditioners, vegetable mono and diglycerides, ascorbic acid, potassium bromate.

### 8" PLAIN

#### Nutrition Facts

Serving Size 1 Roll (130g)

##### Amount per Serving

Calories 270      Calories from Fat 15

% daily value\*

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 460mg	<b>19%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars less than 1g	

##### Protein 8g

Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%
Thiamin 30%	• Riboflavin 15%
Niacin 15%	• Folate 25%

\* 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:** unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains less than 2% of each of the following: yeast, salt, wheat flour, calcium propionate [for freshness], enzymes, calcium sulfate, ascorbic acid added as a dough conditioner, canola oil.

### 8" SEEDED

#### Nutrition Facts

Serving Size 1 Roll (130g)

##### Amount per Serving

Calories 270      Calories from Fat 15

% daily value\*

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 460mg	<b>19%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars less than 1g	

##### Protein 8g

Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%
Thiamin 30%	• Riboflavin 15%
Niacin 15%	• Folate 25%

\* 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:** unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains less than 2% of each of the following: sesame seeds, yeast, salt, wheat flour, calcium propionate [for freshness], enzymes, calcium sulfate, ascorbic acid added as a dough conditioner, canola oil.

### 8" WHOLE WHEAT

#### Nutrition Facts

Serving Size 1 Roll (108g)

##### Amount per Serving

Calories 270      Calories from Fat 2

% daily value\*

<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 570mg	<b>24%</b>
<b>Total Carbohydrate</b> 55g	<b>18%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 3g	

##### Protein 10g

Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 15%
Thiamin 30%	• Riboflavin 15%
Niacin 20%	• Folate 20%

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

**Notes:** The information listed above has been compiled from publications of the USDA and from data provided by Corbion Caravan's suppliers.