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ONION ROLL

Nutrition Facts	
Serving Size 1 Roll (50gm)	
Amount per Serving	
Calories 120	Calories from Fat 15
% daily value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 8%
Thiamin 15%	• Riboflavin 8%
Niacin 8%	• 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, contains 2% or less of each of the following: mono and diglycerides, soybean oil, dehydrated onion, salt, yeast, paprika [color], wheat flour, dextrose, diacetyl tartaric acid esters of mono-diglycerides [DATEM], monocalcium phosphate, ammonium chloride, potassium bromate, ethoxylated mono and diglycerides, ascorbic acid, hydrochloride, calcium sulfate, enzymes

Notes:

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