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KAISER ROLLS

PLAIN

Nutrition Facts

Serving Size 1 Roll (3.15oz)

Amount per Serving

Calories 140 Calories from Fat 10

% daily value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 1g	

Protein 5g

Vitamin A 0%	• Vitamin C 8%
Calcium 4%	• Iron 10%
Thiamin 15%	• Riboflavin 8%
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 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: soybean oil, salt, sugar, yeast, wheat flour, calcium propionate [for freshness], dextrose, diacetyl tartaric acid esters of mono-diglycerides [DATEM], monocalcium phosphate, ammonium chloride, potassium bromate, ascorbic acid, hydrochloride, vital wheat gluten, calcium sulfate, enzymes.

POPPY

Nutrition Facts

Serving Size 1 Roll (3oz)

Amount per Serving

Calories 220 Calories from Fat 45

% daily value*

Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 2g	

Protein 9g

Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 20%
Thiamin 20%	• Riboflavin 10%
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: enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, poppy seeds, contains 2% or less of each of the following: salt, soybean oil, liquid sugar, yeast, vital wheat gluten, calcium propionate [for freshness], dextrose, diacetyl tartaric acid esters of mono-diglycerides [DATEM], monocalcium phosphate, ammonium chloride, potassium bromate, wheat flour, ascorbic acid, hydrochloride, calcium sulfate, enzymes.

SESAME

Nutrition Facts

Serving Size 1 Roll (3oz)

Amount per Serving

Calories 220 Calories from Fat 45

% daily value*

Total Fat 15g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 2g	

Protein 9g

Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 20%
Thiamin 20%	• Riboflavin 10%
Niacin 20%	• 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: enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, sesame seeds, contains 2% or less of each of the following: salt, soybean oil, liquid sugar, yeast, vital wheat gluten, calcium propionate [for freshness], dextrose, diacetyl tartaric acid esters of mono-diglycerides [DATEM], monocalcium phosphate, ammonium chloride, potassium bromate, wheat flour, ascorbic acid, hydrochloride, calcium sulfate, enzymes.

WHOLE WHEAT

Nutrition Facts

Serving Size 1 Roll (3.3oz)

Amount per Serving

Calories 230 Calories from Fat 2

% daily value*

Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 46g	16%
Dietary Fiber 4g	16%
Sugars 3g	

Protein 9g

Vitamin A 0%	• Vitamin C 15%
Calcium 6%	• Iron 15%
Thiamin 25%	• Riboflavin 10%
Niacin 20%	• 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: water, whole wheat flour, enriched bleached wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of each of the following: canola oil, salt, sucrose, yeast, wheat flour, calcium propionate [for freshness], dextrose, diacetyl tartaric acid esters of mono-diglycerides [DATEM], monocalcium phosphate, ammonium chloride, potassium bromate, ascorbic acid, hydrochloride, calcium sulfate, enzymes, dough conditioners, vital wheat gluten

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