

100% Whole Grain White Wheat Hamburger Rolls (All Natural)

NET WT 16 oz

Schmidt Formula #86538

Last Updated: 5-28-13

Nutrition Facts			
Serving Size 1 Roll (57g)			
Serving Per Container 8			
Amount Per Serving			
Calories 140		Calories from Fat 15	
		% Daily Value	
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 0g			
Cholesterol 0mg			0%
Sodium 240mg			10%
Potassium 140mg			4%
Total Carbohydrate 29g			10%
Dietary Fiber 4g			17%
Sugars 3g			
Protein 6g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 10%		
Thiamin 15%	Riboflavin 4%		
Niacin 10%	Folic Acid 4%		
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
Sat 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

INGREDIENTS: Whole Grain White Whole Wheat Flour, Water, Sugar, Wheat Gluten, Yeast, Contains 2% or less of each of the following: Soybean Oil, Salt, Cultured Wheat Flour, Vinegar, Wheat Flour, Guar Gum, Calcium Sulfate, Enzymes, Ascorbic Acid (Dough Conditioner).

Contains: Wheat and Soy

Claims: Low Fat

0g Trans Fat

Cholesterol Free

33g of Whole Grains per serving

Good Source of Fiber, Iron,

Thiamin and Niacin

One roll equals 68% of the USDA recommended daily intake of Whole Grains.