

# 100% Whole Grain White Wheat Split Top Dinner Rolls (All Natural)

NET WT 18 oz  
Schmidt Formula #88678  
Last Updated: 5-31-13

<b>Nutrition Facts</b>			
Serving Size 1 Roll (33g)			
Serving Per Container 18			
<b>Amount Per Serving</b>			
<b>Calories 80</b>		<b>Calories from Fat 10</b>	
		<b>% Daily Value</b>	
<b>Total Fat</b> 1g			1%
Saturated Fat	0g		0%
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 130mg			5%
<b>Potassium</b> 80mg			2%
<b>Total Carbohydrate</b> 16g			5%
Dietary Fiber	2g		9%
Sugars	2g		
<b>Protein</b> 3g			
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%		
<b>Calcium</b> 0%	<b>Iron</b> 6%		
<b>Thiamin</b> 8%	<b>Riboflavin</b> 2%		
<b>Niacin</b> 6%	<b>Folic Acid</b> 2%		
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	<b>Calories</b>	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

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

Contains: Wheat and Soy

Claims: Low Fat  
0g Trans Fat  
Cholesterol Free  
18g of Whole Grains per serving

One roll equals 37% of the USDA recommended daily intake of Whole Grains.

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