

Sunflower Lecithin.

4.5" Hearth Kaiser Rolls

6pk NET WT 13 oz

12pk NET WT 26 oz

H&S DC#65 Formula #93569

Last Updated: 11-7-16

Nutrition Facts	
___ Servings per container	
Serving Size	1 Roll (62g)
Amount Per Serving	
Calories	190
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 37g	14%
Dietary Fiber 1g	5%
Total Sugars 2g	
Includes 2g Added Sugars	5%
Protein 6g	
Vitamin D 0.6mcg	2%
Calcium 57mg	4%
Iron 2.1mg	10%
Potassium 62mg	0%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 2.4mg	15%
Folate 138mcg DFE (70mcg Folic Acid)	35%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, High Fructose Corn Syrup, Degerminated Yellow Corn Meal, Contains less than 2% of each of the following: Soybean Oil, Salt, Malt Syrup, Calcium Propionate (A Preservative), Datem, Monoglycerides, Wheat Flour, Enzymes, Ascorbic Acid (Dough Conditioner).

Contains: Wheat and Soy.

Claims: Low Fat

0g Trans Fat

Cholesterol Free

Excellent Source of Thiamin and Folate

Good Source of Iron, Riboflavin and Niacin

Customers:

1178

1180

8233