Nutrition Facts:

Serving Size: 1 sub roll (91g/3.2oz)	Servings Per Container: 6		
Nutrition	Values	Unit	Daily
Calories	250	kcal	
Total Fat	4	g	5%
Saturated Fat	2	g	9%
Trans Fat	0	g	
Cholesteral	0	mg	0%
Sodium	460	mg	20%
Total Crabohydates	46	g	17%
Dietatry Fiber	2	g	6%
Sugars	3	g	
Added Sugars	3	g	6%
Protein	9	g	
Vitamin D (mcg)	0.5	mcg	2%
Calcium	50	mg	4%
Iron	0.8	mg	4%
Potassium	80	mg	0%
Polysaturated Fat	0.5	g	
Monosaturated Fat	1.5	g	
Thiamin	0.15	mg	15%
Riboflavin	0.07	mg	6%
Folate DFE	30	mcg DFE	8%
Folic Acid	0	mcg	

Ingredient Statement:
Flour (Wheat, Malted Barley), Water, Sugar, Palm Oil, Wheat Gluten, Yeast, Salt, Contains less than 2% of each of the following: Yellow Corn Flour, Acetic Acid, Lactic Acid, Soybean Oil, Calcium Sulfate, Guar Gum, Ascorbic Acid, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enzymes, Monoglycerides, Preservatives (Propionic Acid, Phosphoric Acid, Calcium Propionate).
Contains: Wheat