Nutrition Facts:

Serving Size: 1 sub roll (113g/4oz)	Servings Per Container: 6		
Nutrition	Values	Unit	Daily
Calories	310	kcal	
Total Fat	5	g	6%
Saturated Fat	2.5	g	11%
Trans Fat	0	g	
Cholesteral	0	mg	0%
Sodium	580	mg	25%
Total Crabohydates	58	g	21%
Dietatry Fiber	2	g	7%
Sugars	4	g	
Added Sugars	4	g	7%
Protein	11	g	
Vitamin D (mcg)	0.6	mcg	4%
Calcium	60	mg	4%
Iron	1	mg	6%
Potassium	100	mg	2%
Polysaturated Fat	0.5	g	
Monosaturated Fat	2	g	
Thiamin	0.19	mg	15%
Riboflavin	0.08	mg	6%
Folate DFE	40	mcg DFE	10%
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