Nutrition Facts:

Serving Size: 1 sub roll (78g/2.8oz)	Servings Per Container: 12		
Nutrition	Values	Unit	Daily
Calories	220	kcal	
Total Fat	3.5	g	4%
Saturated Fat	1.5	g	8%
Trans Fat	0	g	
Cholesteral	0	mg	0%
Sodium	420	mg	18%
Total Crabohydates	39	g	14%
Dietatry Fiber	1	g	5%
Sugars	3	g	
Added Sugars	2	g	5%
Protein	8	g	
Vitamin D (mcg)	0	mcg	0%
Calcium	40	mg	4%
Iron	0.7	mg	4%
Potassium	80	mg	0%
Polysaturated Fat	0.5	g	
Monosaturated Fat	1	g	
Thiamin	0.1	mg	8%
Riboflavin	0.04	mg	2%
Folate DFE	30	mcg DFE	6%
Folic Acid	0	mcg	

Ingredient Statement:

Flour (Wheat, Malted Barley), Water, Sugar, Palm Oil, Contains less than 2% of each of the following: Wheat Gluten, Yeast, Salt, 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, Calcium Propionate (preservative).

Contains: Wheat