

# 116 - Wheat Kaiser Rolls

## Nutrition Facts

### Wheat Kaiser Rolls

Serving Size 1 ROLL 71 g

Serving Per Container 6

Nutrient	Values	Unit	% Daily Value
Calories	180	kcal	
Calories From Fat	20	kcal	
Total Fat	2	g	3 %
Saturated Fat	0	g	0 %
Trans Fat	0	g	
Cholesterol	0	mg	0 %
Sodium	230	mg	10 %
Total Carbohydrate	33	g	11 %
Dietary Fiber	3	g	12 %
Sugars	2	g	
Protein	7	g	
Vitamin A			0 %
Vitamin C			0 %
Calcium			8 %
Iron			10 %

Ingredients: Stone Ground White Whole Wheat Flour, Water, Unbleached, Unbromated Wheat Flour (Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Wheat Gluten, Sugar Soybean Oil, Yeast, Salt, Guar Gum, Calcium Propionate, Datem, Mono and Diglycerides, Malted Barley, Ascorbic Acid (Vitamin C), L-Cysteine, Ethoxylated Mono and Diglycerides, Polysorbate 60 with Sodium Propionate, Phosphoric Acid, Calcium Sulfate, Enzymes.

Contains: Wheat and Soy