



Homestead Baking Company

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English Muffins
 Breads
 and Rolls

75 - Knot Rolls Plain

Nutrition Facts

Plain Knot Rolls

Serving Size 1 ROLL (56 g)

Serving Per Container 12

Nutrient	Values	Unit	% Daily Value
Calories	141	kcal	
Calories From Fat	16	kcal	
Total Fat	2	g	3 %
Saturated Fat	0	g	2 %
Trans Fat	0	g	
Cholesterol	0	mg	0 %
Sodium	350	mg	15 %
Total Carbohydrate	27	g	9 %
Dietary Fiber	1	g	4 %
Sugars	3	g	
Protein	5	g	
Vitamin A			0 %
Vitamin C			0 %
Calcium			2 %
Iron			3 %

Ingredients: Wheat flour, water, high fructose corn syrup, soybean oil, yeast, salt, contains less than 2% of each of the following: mono and diglycerides, sodium stearoyl lactylate, calcium propionate, yeast food, monocalcium phosphate.

This product was manufactured in a facility that processes eggs, soy, wheat, wheat gluten and other grains and seeds. Products may contain trace amount of these items.