

# Nutrition Facts

6 servings per container

**Serving size**

**1 Roll (96g/3.4 oz)**

Amount per serving

**Calories 250**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 1g **5%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 310mg **13%**

**Total Carbohydrate** 42g **15%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes 6g Added Sugars **12%**

**Protein** 13g

Vitamin D 1mcg 6% • Calcium 250mg 20%

Iron 3mg 15% • Potassium 173mg 4%

Thiamin 0.4mg 35% • Riboflavin 0.3mg 25%

Niacin 4mg 25% • Folate 140mcg DFE 35%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INGREDIENTS: UNBLEACHED ENRICHED **WHEAT** FLOUR (FLOUR, FERROUS SULFATE, NIACIN, THIAMIN, RIBOFLAVIN, FOLIC ACID), NONFAT **MILK**, RECONSTITUTED POTATOES (FROM POTATO FLOUR), YEAST, SUGAR, CANE SUGAR SYRUP, **WHEAT** GLUTEN, SUNFLOWER OIL, CONTAINS 2 PERCENT OR LESS OF EACH OF THE FOLLOWING: SALT, BUTTER, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES AND DIGLYCERIDES), MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE (A PRESERVATIVE), GUAR GUM, ASCORBIC ACID, DATEM, CALCIUM SULFATE, ENZYMES, TURMERIC COLOR, ANNATTO COLOR, SESAME SEEDS.