

CHICKEN ROLL

Nutrition Facts			
Serving Size 1 Roll 3.0 oz (85g)			
Servings Per Container			
Amount Per Serving			
Calories 220	Calories from Fat 20		
% Daily Value*			
Total Fat 2g	3%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 360mg	15%		
Total Carbohydrate 42g	14%		
Dietary Fiber 2g	8%		
Sugars 8g			
Protein 7g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 6%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

INGREDIENTS: Enriched Bleached Wheat Flour (Wheat flour, malted barley flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, and folic acid), Water, Whole Wheat, Dry Honey (Honey, high fructose corn syrup, wheat starch, calcium stearate [anti-caking agent] and distilled monoglycerides [processing aid]), Sugar, Cream Yeast, Contains 2% or less of the following: Soybean Oil, Wheat Gluten, Salt, Azodicarbonamide, Enzyme Softner (Protein, microcrystalline cellulose, wheat starch, sorbitol, dextrin, sodium citrate, magnesium stearate, ferric oxide), Dough Strengthener (Ascorbic acid and other edible excipients), Protease (Active enzyme), Calcium Propionate (a preservative), Dough Stabilizer (DATEM and calcium silicate).

Contains Wheat.

Chicken Roll

Nutrient	Per <u>100g</u>	Nutrient	Per <u>100g</u>
<u>Basic Components</u>		Vitamin B1 - Thiamin (mg)	0.42
Calories (kcal)	253.67	Vitamin B2 - Riboflavin (mg)	0.27
Calories from Fat (kcal)	22.91	Vitamin B3 - Niacin (mg)	3.67
Calories from SatFat (kcal)	4.33	Vitamin B6 (mg)	0.02
Fat (g)	2.55	Folate (mcg)	76.67
Saturated Fat (g)	0.48	Vitamin B12 (mcg)	0
Trans Fatty Acid (g)	0.01	Biotin (mcg)	0
Poly Fat (g)	0.95	Pantothenic Acid (mg)	0.18
Mono Fat (g)	0.40	<u>Minerals</u>	
Cholesterol (mg)	0	Sodium (mg)	422.69
Carbohydrates (g)	49.64	Potassium (mg)	81.78
Dietary Fiber (g)	1.81	Calcium (mg)	78.00
Soluble Fiber (g)	0	Iron (mg)	2.38
Insoluble Fiber (g)	0.03	Phosphorus (mg)	60.30
Total Sugars (g)	9.75	Magnesium (mg)	11.99
Other Carbs (g)	1.81	Zinc (mg)	0.41
Protein (g)	8.31	Iodine (mcg)	1.05
Vitamins		Copper (mg)	0.08
Vitamin A - IU (IU)	6.64	Saturated Fats	
Vitamin C (mg)	0.03	18:0 - Stearic (g)	0.00
Vitamin D - IU (IU)	--	Other Nutrients	
Vitamin E - IU (IU)	0	Sugar Alcohol (g)	0