

1408 Portuguese Roll 3 oz



Baking Procedures

- **Keep bread frozen, do not thaw or steam. Keep ventilation closed.**
- **Pre-heat oven to 375°F *Note: Oven temperature may vary oven to oven. Adjust baking time & temperature as necessary.**
- **Place frozen bread directly onto sheet pans with baking paper.**
- **Baking time: 5 to 7 minutes or until golden brown**
- **Cool down time: 20 minutes**
- **Place in bags or bin and put out for sale.**

Nutrition Facts

1 Servings Per Container
Serving size 1 Roll (85g)

Amount per serving
Calories 220

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 3mg	15%
Potassium 68mg	2%

*The % Daily Value 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.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, YEAST, RYE FLOUR, MALTED BARLEY FLOUR, ENZYMES, ASCORBIC ACID.

ALLERGEN STATEMENT

Allergen Warning: This product was made in a facility that may also process common food allergens including wheat.