

1672 Wheat 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: 9 to 11 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 3oz (85g)

Amount per serving
Calories **210**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 430mg **19%**

Total Carbohydrate 42g **15%**

Dietary Fiber 2g **9%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0mcg **0%**

Calcium 17mg **2%**

Iron 3mg **15%**

Potassium 99mg **2%**

Thiamin 0.4mg **35%**

Riboflavin 0.3mg **20%**

*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, NIA-CIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, 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 & sesame seeds.