

1849 **P. M. C. 9"** 5 oz



FULLY BAKED ITEM

**THAW 1 HOUR ROOM
TEMPERATURE**

INGREDIENTS:

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIA-CIN, REDUCED IRON, THIAMINE MONO-NITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, CORN FLOUR, DEX-TROSE, YEAST, ASCORBIC ACID, EN-ZYMES.

ALLERGEN STATEMENT

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

Nutrition Facts

2 servings per container
Serving size 1/2 roll (71g)

Amount per serving
Calories **150**

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 2mg	10%
Potassium 47mg	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