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## INGREDIENTS

WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, ENZYMES, FOLIC ACID), HONEY, SUGAR, YEAST, SALT, SOYBEAN OIL, MALTED BARLEY FLOUR, CULTURED CORN SYRUP, ENZYMES, ASCORBIC ACID, RYE FLOUR.

## NUTRITION FACTS

# Nutrition Facts

Serving Size 1 Roll (28g)

Servings Per Container

Amount Per Serving

**Calories** 70      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 0.5g      **1%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 130mg      **5%**

**Total Carbohydrate** 14g      **5%**

**Dietary Fiber** 1g      **4%**

**Sugars** 2g

**Protein** 2g

**Vitamin A** 0%      • **Vitamin C** 2%

**Calcium** 0%      • **Iron** 4%

\*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	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## White Whole Wheat Knot Rolls / 81001

PAR-BAKED

KNOTS

KNOTS, TWISTS & BRAIDS

BACK

### DESCRIPTION

A perfect accompaniment to any meal. Also delicious with salads and soups.

Our white whole wheat knot rolls meet the Whole Grains Rich criteria and provide 1 grain equivalent for school meals.

## ALLERGEN STATEMENT

CONTAINS: WHEAT.

## KOSHER

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DOCUMENTATION

SPEC SHEET

HANDLING INSTRUCTIONS