



7 Grain Round Roll

190200

Nutrition Facts	
1 servings per container	
Serving Size	About 1 roll (50g)
Amount Per Serving	
Calories	140
% Daily Value *	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 4g	8%
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1.4mg 8%	Potas. 0mg 0%

* The % Daily Value (DV) 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.



Our own mix of grains & seeds complement this roll's balanced sweet and sour flavor. Includes oats, rye, buckwheat groats, bulgur, flax & sunflower seeds.

Sold by the dozen

Product Specifications

	Minimum	Target	Maximum
Weight (g)	47	50	53
Diameter (in)	2.5	2.75	3

INGREDIENTS: WATER, UNBLEACHED UNBROMATED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE WHEAT FLOUR, HONEY, OATS, OAT FLOUR, RYE FLOUR (WHEAT), CANOLA OIL, FLAX SEEDS, SUNFLOWER SEEDS, BULGUR WHEAT, BUCKWHEAT GROATS, BABY OATS, SALT, YEAST [YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID], NATURAL EMULSIFIER [WATER, MONOGLYCERIDES], CULTURED WHEAT FLOUR, CARAMEL COLOR, NATURAL ENZYMES [CALCIUM LACTATE, ENZYMES]

ALLERGENS: CONTAINS WHEAT.
MAY CONTAIN SOY, MILK, EGG, AND SESAME

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