

Nutrition Facts

Serving Size 1 Roll (47g/1.7oz)

Servings Per Container 12

Amount Per Serving

Calories 120 Calories from Fat 20

%Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat .5g

Cholesterol 5mg **1%**

Sodium 115mg **5%**

Total Carbohydrate 23g **8%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 5g

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 8%

Thiamin 15% Riboflavin 10%

Niacin 15% Folic Acid 10%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g