HONEY WHEAT SANDWICH ROLLS

Nutrition Facts

Serving Size 1 Bun (53g/1.9oz)
Servings Per Container 8

Amount Per Serving

Calories 130	Calories from Fat 15
	%Daily Value *
Total Fat 1.5g	**3%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 6g	

Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%
Thiamin	15%	Riboflavin	15%
Niacin	15%	Folic Acid	15%

* 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