

# Freund Baking Company

**Product:** 51% Whole Grain Dinner Rolls, 1.848 oz/12 pack

Freund Code: #3419

Gold Star Code: # 600074

Bread Oz Equivalents: 1.75

Nutrition Facts	
Serving Size (52g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	
Vitamin A 0%	Vitamin C 15%
Calcium 6%	Iron 8%
*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	

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Canola Oil, Yeast, Salt, Emulsifier, Enzymes, Calcium Carbonate, Monoglyceride, Calcium Propionate.

**Allergens:** Wheat

I certify this information is true and correct:



7.27.12