

Hadley Farms

Nutrition Label

3023 Whole Grain Sub Roll 2.3 oz.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 roll (65g) Serv. Per Cont. 144 Calories 190 Fat Cal. 40	Total Fat 4.5g	7%	Total Carb. 32g	11%
	Sat. Fat 0.5g	3%	Fiber 3g	13%
	Trans Fat 0g		Sugars 3g	
	Cholest. 0mg	0%	Protein 6g	
	Sodium 180mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	• Vitamin C 0%	• Calcium 2%	• Iron 10%

INGREDIENTS:

Whole Grain White Wheat Flour, Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Sugar, Malt Syrup (Extract of Corn, Malt), Dough Conditioner (Natural Wheat Sour, Cultured Wheat Starch, Mono & Diglycerides), Contains 2% or less of: Yeast and Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate) for Leavening, Vital Wheat Gluten, Soy Flour, Egg Replacer (Whole Soy Flour, Wheat Gluten, Corn Syrup Solids, Algin), Malt Powder (Malted Barley, Dextrose), Soybean Lecithin.

18.99 grams Whole Grain per Roll (51%)
 18.25 grams Enriched Grain per Roll (49%)
 2.25 OZ EQ per Roll

Competitive Foods Data

Percent Calories from Fat (<=35%) 21.32%
 Percent Calories from Sat Fat (<=10%) 2.37%
 Percent Sugar by Weight (<=35%) 4.60%

ALLERGY INFORMATION:

CONTAINS: Soy, Wheat

2/12/2018