

# Hadley Farms Nutrition Label

## 3023US Whole Grain Sub Roll (Un sliced) 2.3 oz

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 roll (65g) Serv. Per Cont. 144 <b>Calories</b> 190 Fat Cal. 40	<b>Total Fat</b> 4.5g	<b>7%</b>	<b>Total Carb.</b> 32g	<b>11%</b>
	Sat. Fat 0.5g	<b>3%</b>	Fiber 3g	<b>13%</b>
	<i>Trans</i> Fat 0g		Sugars 3g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 6g	
	<b>Sodium</b> 180mg	<b>8%</b>		
*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 Conditioners (Natural Wheat Sour, Cultured Wheat Starch, Cultured Wheat Flour, Mono & Diglycerides, Ascorbic Acid, Soybean Oil, Salt, Enzymes, L-Cysteine), 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