

# Nutrition Facts

Serving Size (43g)  
Servings Per Container

## Amount Per Serving

**Calories** 110      **Calories from Fat** 15

% Daily Value\*

**Total Fat** 1.5g      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 120mg      **5%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber less than 1 gram      **4%**

Sugars 2g

**Protein** 3g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 6%

\*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

# Cracked Wheat Roll 1.5oz

3/16/2007