

# Cracked Wheat Roll 1.5oz

March 16, 2007

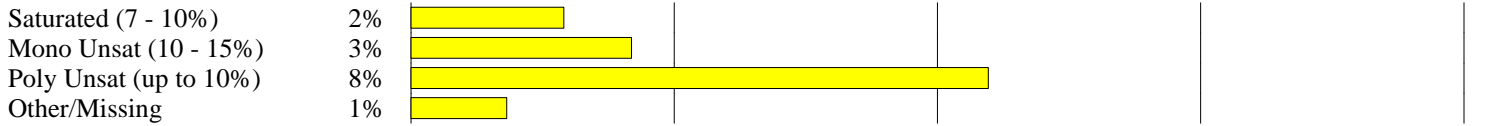
Total Weight: 239841.00 g (8460.00 oz-wt.)  
 Serving Size: 42.53 g (1.50 oz-wt.)  
 Serves: 5640.00  
 Cost: --  
 Water: 40%

## Ratios and Percents

### Source of Calories



### Source of Fat



### Exchanges

Bread / Starch:	1.1	Fruit:	--
Other Carbs / Sugar:	0.1	Vegetables:	--
Very Lean Meat / Protein:	0.0	Milk - Skim:	--
Lean Meat:	--	Fat:	0.3

### Ratios

P : S (Poly / Saturated Fat)	3.77 : 1
Potassium : Sodium	0.56 : 1
Calcium : Phosphorus	0.22 : 1
CSI (Cholesterol / Saturated Fat Index)	0.25