

# Multi Grain Rolls

July 28, 2006

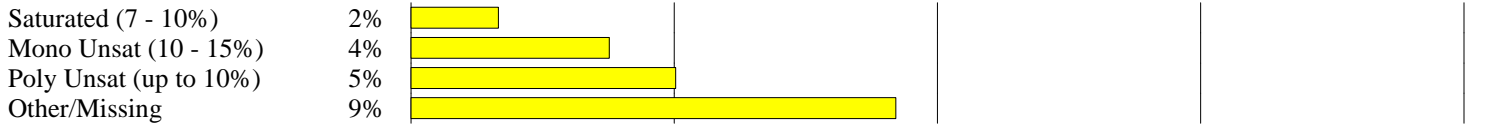
Total Weight: 104690.88 g (3692.80 oz-wt.)  
Serving Size: 56.70 g (2.00 oz-wt.)  
Serves: 1846.40  
Cost: --  
Water: 39%

## Ratios and Percents

### Source of Calories



### Source of Fat



### Exchanges

Bread / Starch:	1.3	Fruit:	--
Other Carbs / Sugar:	0.2	Vegetables:	--
Very Lean Meat / Protein:	0.3	Milk - Skim:	--
Lean Meat:	0.0	Fat:	0.5

### Ratios

P : S (Poly / Saturated Fat)	3.03 : 1
Potassium : Sodium	0.55 : 1
Calcium : Phosphorus	0.34 : 1
CSI (Cholesterol / Saturated Fat Index)	0.27