

ITEM NAME Sweet Seeded SubRll 16` 9/2pk/case

ITEM NO

0227

	U/M	2 PK / 9 PER CASE	SERVINGS	18	WEIGHT (OZ)	9
--	-----	-------------------	----------	----	-------------	---

INGREDIENTS ENRICHED FLOUR, GLUTEN, WATER, YEAST, GRANULATED SUGAR, SALT, ENZYMES,HIGHLY REFINED

ALLERGENS** SOYBEAN OIL, ASCORBIC ACID, SEASME SEEDS

DESCRIPTION FULL BAKE, BLUNT END SUB ROLL/STRIP WITH SESAME SEED TOPPING

Nutrition Facts

18 servings per container

Serving size ROLL/STRIP (255g)

Amount per serving

Calories 900

% Daily Value*

Total Fat 11g 14%

Saturated Fat 2g 10%

Trans Fat 2g

Cholesterol 0mg 0%

Sodium 1820mg 79%

Total Carbohydrate 165g 60%

Dietary Fiber 5g 18%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 31g

Vitamin D 0mcg 0%

Calcium 63mg 5%

Iron 3mg 17%

Potassium 290mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* STATED WEIGHTS ARE AVERAGE ITEM WEIGHTS.

** ITEMS ARE PRODUCED IN A FACILITY THAT PROCESSES GLUTEN, MILK, SOY, WHEAT, EGGS AND SESAME SEEDS.

Nutr No	Tag Name	Nutrient Name	Value	Units
=====	=====	=====	=====	=====
255	WATER	Water	159.508	g
208	ENERC_KCAL	Energy	903.638	kcal
268	ENERC_KJ	Energy	3779.580	kJ
203	PROCNT	Protein	31.230	g
204	FAT	Total lipid (fat)	11.128	g
207	ASH	Ash	5.964	g
205	CHOCDF	Carbohydrate, by difference	165.321	g
291	FIBTG	Fiber, total dietary	5.352	g
269	SUGAR	Sugars, total	6.878	g
210	SUCS	Sucrose	4.789	g
211	GLUS	Glucose (dextrose)	0.067	g
212	FRUS	Fructose	0.067	g
214	MALS	Maltose	1.933	g
209	STARCH	Starch	136.011	g
301	CA	Calcium, Ca	62.924	mg
303	FE	Iron, Fe	2.981	mg
304	MG	Magnesium, Mg	79.995	mg
305	P	Phosphorus, P	272.529	mg
306	K	Potassium, K	289.611	mg
307	NA	Sodium, Na	1821.224	mg
309	ZN	Zinc, Zn	3.610	mg
312	CU	Copper, Cu	0.435	mg
315	MN	Manganese, Mn	1.391	mg
317	SE	Selenium, Se	59.394	µg
313	FLD	Fluoride, F	92.073	µg
401	VITC	Vitamin C, total ascorbic acid	9.798	mg
404	THIA	Thiamin	0.432	mg
405	RIBF	Riboflavin	0.161	mg
406	NIA	Niacin	2.663	mg
410	PANTAC	Pantothenic acid	0.858	mg
415	VITB6A	Vitamin B-6	0.100	mg
417	FOL	Folate, total	68.994	µg
432	FOLFD	Folate, food	68.994	µg
435	FOLDFE	Folate, DFE	68.994	µg
421	CHOLN	Choline, total	23.111	mg
418	VITB12	Vitamin B-12	0.021	µg
321	CARTB	Carotene, beta	0.001	µg
318	VITA_IU	Vitamin A, IU	357.014	IU
338	LUT+ZEA	Lutein + zeaxanthin	39.990	µg
323	TOCPHA	Vitamin E (alpha-tocopherol)	0.734	mg
341	TOCPHB	Tocopherol, beta	0.089	mg
342	TOCPHG	Tocopherol, gamma	0.933	mg
343	TOCPHD	Tocopherol, delta	0.022	mg
344	TOCTRA	Tocotrienol, alpha	0.111	mg
430	VITK1	Vitamin K (phylloquinone)	8.165	µg
606	FASAT	Fatty acids, total saturated	2.062	g
611	F12D0	12:0	0.018	g
612	F14D0	14:0	0.011	g

Nutr No	Tag Name	Nutrient Name	Value	Units
=====	=====	=====	=====	=====
652	F15D0	15:0	0.004	g
613	F16D0	16:0	1.319	g
653	F17D0	17:0	0.009	g
614	F18D0	18:0	0.646	g
615	F20D0	20:0	0.026	g
624	F22D0	22:0	0.027	g
645	FAMS	Fatty acids, total monounsaturated	4.092	g
626	F16D1	16:1 undifferentiated	0.005	g
673	F16D1C	16:1 c	0.005	g
617	F18D1	18:1 undifferentiated	4.077	g
674	F18D1C	18:1 c	1.835	g
663	F18D1T	18:1 t	1.897	g
628	F20D1	20:1	0.008	g
646	FAPU	Fatty acids, total polyunsaturated	3.787	g
618	F18D2	18:2 undifferentiated	3.473	g
675	F18D2CN6	18:2 n-6 c,c	1.840	g
666		18:2 i	0.126	g
619	F18D3	18:3 undifferentiated	0.315	g
851	F18D3CN3	18:3 n-3 c,c,c (ALA)	0.241	g
856		18:3i	0.034	g
605	FATRn	Fatty acids, total trans	2.057	g
693	FATRnM	Fatty acids, total trans-monoenoic	1.897	g
695	FATRnP	Fatty acids, total trans-polyenoic	0.161	g
636	PHYSTR	Phytosterols	0.159	mg
501	TRP_G	Tryptophan	0.327	g
502	THR_G	Threonine	0.709	g
503	ILE_G	Isoleucine	0.962	g
504	LEU_G	Leucine	1.833	g
505	LYS_G	Lysine	0.658	g
506	MET_G	Methionine	0.400	g
507	CYS_G	Cystine	0.664	g
508	PHE_G	Phenylalanine	1.329	g
509	TYR_G	Tyrosine	0.449	g
510	VAL_G	Valine	1.113	g
511	ARG_G	Arginine	0.943	g
512	HISTN_G	Histidine	0.560	g
513	ALA_G	Alanine	0.791	g
514	ASP_G	Aspartic acid	1.058	g
515	GLU_G	Glutamic acid	9.416	g
516	GLY_G	Glycine	0.953	g
517	PRO_G	Proline	3.204	g
518	SER_G	Serine	1.213	g