

ITEM NAME **Wheat SubRll 16` 9/2pk/case**

ITEM NO

N224

U/M

2 PK / 9 PER CASE

SERVINGS

18 WEIGHT (OZ)

9

INGREDIENTS **WHOLE WHITE WHEAT FLOUR, ENRICHED FLOUR, WATER, GLUTEN, HIGHLY REFINED SOY BEAN OIL, GRANULATED SUGAR, YEAST, HONEY, SALT, ENZYMES, ASCORBIC ACID**

ALLERGENS**

DESCRIPTION **FULL BAKE, BLUNT END SUB ROLL/STRIP**

Nutrition Facts

18 servings per container

Serving size **ROLL/STRIP (255g)**

Amount per serving

Calories 940

% Daily Value*

Total Fat 13g 17%

Saturated Fat 2.5g **13%**

Trans Fat 2g

Cholesterol 0mg 0%

Sodium 1800mg 78%

Total Carbohydrate 168g 61%

Dietary Fiber 23g **82%**

Total Sugars 18g

Includes 0g Added Sugars **0%**

Protein 38g

Vitamin D 0mcg 0%

Calcium 76mg 6%

Iron 8mg 44%

Potassium 678mg 14%

* 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	151.818	g
208	ENERC_KCAL	Energy	315.789	kcal
268	ENERC_KJ	Energy	1321.043	kJ
203	PROCNT	Protein	38.353	g
204	FAT	Total lipid (fat)	12.891	g
207	ASH	Ash	7.185	g
205	CHOCDF	Carbohydrate, by difference	167.978	g
291	FIBTG	Fiber, total dietary	23.009	g
269	SUGAR	Sugars, total	17.761	g
210	SUCS	Sucrose	13.135	g
211	GLUS	Glucose (dextrose)	1.568	g
212	FRUS	Fructose	1.794	g
214	MALS	Maltose	0.385	g
287	GALS	Galactose	0.135	g
209	STARCH	Starch	22.659	g
301	CA	Calcium, Ca	75.594	mg
303	FE	Iron, Fe	7.590	mg
304	MG	Magnesium, Mg	241.436	mg
305	P	Phosphorus, P	673.029	mg
306	K	Potassium, K	677.514	mg
307	NA	Sodium, Na	1797.727	mg
309	ZN	Zinc, Zn	5.750	mg
312	CU	Copper, Cu	0.107	mg
315	MN	Manganese, Mn	0.239	mg
317	SE	Selenium, Se	14.136	µg
313	FLD	Fluoride, F	102.705	µg
401	VITC	Vitamin C, total ascorbic acid	9.624	mg
404	THIA	Thiamin	0.984	mg
405	RIBF	Riboflavin	0.230	mg
406	NIA	Niacin	10.767	mg
410	PANTAC	Pantothenic acid	0.146	mg
415	VITB6A	Vitamin B-6	0.625	mg
417	FOL	Folate, total	11.670	µg
432	FOLFD	Folate, food	11.670	µg
435	FOLDFE	Folate, DFE	89.376	µg
421	CHOLN	Choline, total	3.945	mg
454	BETN	Betaine	0.074	mg
418	VITB12	Vitamin B-12	0.023	µg
318	VITA_IU	Vitamin A, IU	405.011	IU
338	LUT+ZEA	Lutein + zeaxanthin	6.662	µg
323	TOCPHA	Vitamin E (alpha-tocopherol)	2.522	mg
341	TOCPHB	Tocopherol, beta	0.015	mg
342	TOCPHG	Tocopherol, gamma	0.155	mg
343	TOCPHD	Tocopherol, delta	0.004	mg
344	TOCTRA	Tocotrienol, alpha	0.019	mg
430	VITK1	Vitamin K (phylloquinone)	11.710	µg
606	FASAT	Fatty acids, total saturated	2.444	g
611	F12D0	12:0	0.019	g

Maggiara Baking Company
 Nutrients Summary for N224 / Wheat SubRll 16`` 9/2pk/case
 Serving Size PER ROL/STRIP, Servings Per Container 18

Nutr No	Tag Name	Nutrient Name	Value	Units
=====	=====	=====	=====	=====
612	F14D0	14:0	0.012	g
652	F15D0	15:0	0.004	g
613	F16D0	16:0	1.066	g
653	F17D0	17:0	0.010	g
614	F18D0	18:0	0.705	g
615	F20D0	20:0	0.028	g
624	F22D0	22:0	0.029	g
645	FAMS	Fatty acids, total monounsaturated	4.699	g
626	F16D1	16:1 undifferentiated	0.007	g
673	F16D1C	16:1 c	0.006	g
617	F18D1	18:1 undifferentiated	4.135	g
674	F18D1C	18:1 c	1.998	g
663	F18D1T	18:1 t	2.065	g
628	F20D1	20:1	0.009	g
646	FAPU	Fatty acids, total polyunsaturated	4.164	g
618	F18D2	18:2 undifferentiated	2.471	g
675	F18D2CN6	18:2 n-6 c,c	2.003	g
666		18:2 i	0.138	g
619	F18D3	18:3 undifferentiated	0.311	g
851	F18D3CN3	18:3 n-3 c,c,c (ALA)	0.263	g
856		18:3i	0.037	g
605	FATR	Fatty acids, total trans	2.240	g
693	FATRNM	Fatty acids, total trans-monoenoic	2.065	g
695	FATRNP	Fatty acids, total trans-polyenoic	0.175	g
501	TRP_G	Tryptophan	0.054	g
502	THR_G	Threonine	0.118	g
503	ILE_G	Isoleucine	0.160	g
504	LEU_G	Leucine	0.305	g
505	LYS_G	Lysine	0.110	g
506	MET_G	Methionine	0.067	g
507	CYS_G	Cystine	0.111	g
508	PHE_G	Phenylalanine	0.221	g
509	TYR_G	Tyrosine	0.075	g
510	VAL_G	Valine	0.185	g
511	ARG_G	Arginine	0.157	g
512	HISTN_G	Histidine	0.093	g
513	ALA_G	Alanine	0.132	g
514	ASP_G	Aspartic acid	0.177	g
515	GLU_G	Glutamic acid	1.570	g
516	GLY_G	Glycine	0.159	g
517	PRO_G	Proline	0.538	g
518	SER_G	Serine	0.202	g