

Bakery Nutrition Facts



UPC	Bulk Rolls	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
					g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
		1 Roll																						
Bulk	Ancient Grain Roll	105	270	90	11	17	1.5	8	0	40	13	480	20	37	12	5	20	9	9	35	4	8	15	1.5
Bulk	French Roll	59	120	0	0	0	0	0	0	0	0	260	11	26	9	1	4	0	5	0	0	2	6	-
Bulk	Kaiser Roll	67	180	25	3	5	0.5	3	<0.5	10	3	310	13	32	11	1	4	3	7	0	0	0	10	-
Bulk	Mini Kaiser	42	110	20	2	3	0	0	<0.5	5	2	190	8	20	7	1	4	2	5	0	0	0	6	-
Bulk	Super Soft Vienna Roll	71	170	15	1.5	2	0.5	3	0	15	5	330	14	31	10	1	4	1	7	0	15	2	10	-
Bulk	Wheat Roll	73	190	25	3	5	1	5	0	10	3	340	14	34	11	3	12	3	7	0	10	2	10	1
Bulk	Club Roll	67	160	10	1	2	0	0	0	0	0	340	14	33	11	2	8	2	6	0	0	2	10	-
Bulk	Brioche Roll	73	200	30	3	5	0.5	3	0	35	12	240	10	38	13	2	8	6	7	0	0	2	15	-
Bulk	Miami Onion Roll	81	160	25	3	5	0	0	0	10	3	240	10	30	10	1	4	6	6	0	4	2	10	-
Bulk	Portuguese Roll	85	220	25	3	5	0	0	0	0	0	420	18	41	14	1	4	1	7	0	0	2	15	-
Bulk	Cheese Roll	57	150	45	5	8	2.5	13	0	30	10	300	12	18	6	1	3	1	7	4	0	10	6	-
Bulk	Jalapeno Cheese Roll	57	150	45	5	8	2.5	13	0	30	11	350	15	18	6	1	3	0	7	4	2	10	6	-
Bulk	Pretzel Kaiser Roll	70	200	30	3.5	5	0.5	3	0	25	7	580	24	34	11	2	8	3	7	0	0	2	6	-
Bulk	Pretzel Sandwich Stick	90	270	30	3.5	5	1.5	8	0.5	0	0	660	28	51	17	2	8	1	9	0	15	2	15	-
Bulk	Potato Roll	43	110	20	2	3	0	2	0	0	0	200	8	19	6	1	3	3	3	0	4	4	4	-
Bulk	Pane Marco Polo Roll	71	150	10	1	2	0	1	0	0	0	320	13	30	10	2	9	1	5	0	6	2	10	-
Bulk	Marathon Roll	69	200	60	7	11	1	5	0	0	0	270	11	27	9	5	18	2	7	4	2	4	15	-
Bulk	Organic Multigrain Roll	85	230	25	2.5	4	0.5	3	0	0	0	420	18	45	15	3	12	3	8	0	0	2	10	-
Bulk	Multigrain Square Roll	76	160	15	1.5	2	0	0	0	0	0	260	11	33	11	5	20	4	7	0	4	2	10	1.5
Bulk	Organic Ciabatta Roll	78	210	25	3	5	0.5	3	0	0	0	370	15	39	13	2	8	1	7	0	0	0	8	-
Bulk	Whole Wheat Dinner Roll	94	230	30	3.5	5	1	4	0	0	0	410	17	44	15	7	27	9	11	0	0	4	15	2
Bulk	Organic Whole Wheat Ciabatta Roll	78	210	10	1	2	0	0	0	0	0	370	15	40	13	6	24	6	8	0	0	0	4	2.5
Bulk	Sprouted Grain Roll	95	220	15	2	3	0	0	0	0	0	590	25	45	15	2	8	3	9	0	4	0	15	1
Bulk	Oatmeal Roll	101	230	50	6	9	1	5	0	45	15	470	20	36	12	0	0	7	8	0	2	6	10	1.5
Bulk	Organic Sourdough Roll	85	220	0	0.5	1	0	0	0	0	0	440	18	45	15	2	8	<1	8	0	0	0	10	-
Bulk	Organic Rosemary Olive Oil Roll	85	240	25	3	5	0.5	3	0	0	0	430	18	44	15	2	8	1	7	0	0	2	10	-
Bulk	Garlic Knot	35	110	35	4	6	1	5	0	0	0	190	8	16	5	<1	2	1	3	2	0	2	6	-
Bulk	Buttermilk Biscuit	74	290	180	20	31	10	50	0	0	0	290	12	27	9	1	4	6	4	0	0	20	2	-
Bulk	Sweet Potato Biscuit	82	260	110	13	20	6	30	0	25	8	320	13	33	11	1	4	9	4	60	0	25	10	-
Bulk	Blueberry Biscuit	79	260	110	13	20	7	35	0	30	10	300	13	32	11	1	4	12	4	8	0	20	6	-
Bulk	Jalapeno Biscuit	73	230	100	11	17	7	35	0	35	12	420	18	27	9	1	4	4	5	8	0	35	10	-
Bulk	Cran Orange Biscuit	85	270	130	14	22	7	35	0	30	10	310	13	31	10	2	8	9	5	0	0	20	6	-