

Bakery Nutrition Facts



Bulk Rolls	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Ancient Grain Roll	105	270	11	14	1.5	8	0	40	13	480	21	37	13	5	18	9	6	12	9	0	6	15	6
Brioche Roll	73	230	3.5	4	1	5	0	40	13	270	12	42	15	1	4	7	6	12	8	6	2	10	2
Butter Flake Roll	38	140	6	8	3.5	18	0	15	5	125	5	19	7	1	4	3	3	6	4	0	0	6	2
Ciabatta Roll	84	190	0.5	1	0	0	0	0	0	510	22	38	14	2	7	2	0	0	9	0	0	15	2
Garlic Tuscan Roll	57	150	2.5	3	0	0	0	0	0	1130	49	27	10	1	4	0	0	0	5	0	0	10	0
Mini Kaiser	42	120	1	1	0	0	0	5	2	220	10	23	8	1	4	2	1	2	5	6	0	6	0
Kaiser Roll	67	190	2	3	0.5	3	0	10	3	350	15	36	13	1	4	3	2	4	8	6	2	10	2
Miami Onion Roll	81	150	2.5	3	0	0	0	10	3	230	10	27	10	1	4	5	0	0	5	0	0	10	2
Oatmeal Roll	101	230	6	8	1	5	0	45	15	470	20	36	13	1	4	7	7	14	8	0	4	10	4
Organic Rosemary Olive Oil Roll	85	230	3.5	4	0.5	3	0	0	0	430	19	42	15	0	0	1	0	0	7	0	0	6	0
Organic Sourdough Roll	85	220	1	1	0	0	0	0	0	450	20	45	16	0	0	1	0	0	7	0	0	6	0
Pane Marco Polo Roll	71	150	1.5	2	0	1	0	0	0	320	14	30	11	2	7	0	0	0	5	0	0	10	2
Portuguese Roll	85	230	3	4	0	0	0	0	0	420	18	41	15	1	4	1	0	0	7	0	2	15	2
Pretzel Kaiser Roll	71	200	3.5	4	0.5	3	0	20	7	780	34	34	12	0	0	3	0	0	7	0	2	6	2
Super Soft Vienna Roll	88	210	2	3	1	5	0	10	3	420	18	40	15	3	11	2	1	2	8	6	2	10	2