

Metropolitan Baking Co.



3000 - 6" Sub Rolls

Nutrition Facts	
6 servings per container	
Serving size	1 Roll 2.3oz (65g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 2mg	10%
Potassium 58mg	2%
<small>*The % Daily Value 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.</small>	

Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, Yeast Crumbled, Soybean Oil, White Distilled Vinegar, Calcium Propionate, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxydants (Tocopherols, Citric Acid), Yellow Corn Flour, Spices (Turmeric and Paprika), Natural Flavors, Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearoyl Lactylate, Microcrystalline Cellulose, Enzymes (Wheat Flour), Corn Starch, Dicalcium Phosphate, Sodium Bicarbonate, Polyethylene Glycol, Sodium Acid Pyrophosphate.

Contains: WHEAT and SOY

May contains: Sesame Seeds, Poppy Seeds, Cornmeal, Onions.