

Metropolitan Baking Co.



3240 – Grecian Rolls

Nutrition Facts	
12 servings per container	
Serving size 1 Roll 2.8oz (79g)	
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 2mg	10%
Potassium 70mg	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>	

Ingredients: 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.