Bagel Wheat T&s Sli

Printer Friendly

SUPC: 5391360

Nutrition Information

Serving Size: 1 Bagel (113 grams)

Amount Per Serving		
Calories: 290	Calories from Fat: 14	
		% Daily Value*
Total Fat:	1.5 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	440 MG	18%
Potassium:	NA	NA
Total Carbohydrate:	58 GM	19%
Dietary Fiber:	7 GM	28%
Sugars:	5 GM	
Protein:	11 GM	

Vitamin A: 2% • Vitamin C: 6%

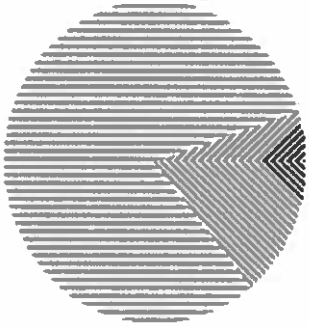
Calcium: 2% • Iron: 20%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Calorie Percentages



PRO - 15%
CHO - 80%
FAT - 5%

Ingredients:

WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: VITAL WHEAT GLUTEN, SALT, YEAST, MALTED WHEAT FLOUR, WHITE VINEGAR, HYDROLYZED WHEAT GLUTEN, CANOLA OIL, ASCORBIC ACID (VITAMIN C), ENZYMES, CALCIUM SULFATE. CONTAINS: Wheat, Soy. PROCESSED IN A FACILITY THAT ALSO PROCESSES: Wheat, Soy, Egg.

Allergens: Soy, Wheat

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
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Breadstick Garlic 7-8"

Printer Friendly

SUPC: 2549711

Nutrition Information

Serving Size: 1 stick (50 grams)

Amount Per Serving		
Calories: 180	Calories from Fat: 54	
		% Daily Value*
Total Fat:	6 GM	9%
Saturated Fat:	1.5 GM	8%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	290 MG	12%
Potassium:	NA	NA
Total Carbohydrate:	26 GM	9%
Dietary Fiber:	0 GM	2%
Sugars:	1 GM	
Protein:	4 GM	

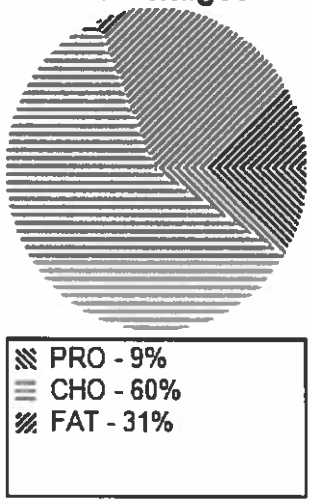
Vitamin A: NA • Vitamin C: NA

Calcium: 4% • Iron: 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ingredients:

Bread: enriched flour(bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of: palm oil, salt, sugar, yeast, soy flour, wheat gluten, malted barley flour, dextrose, enzymes, ascorbic acid, corn meal. Contains: wheat, soy, Spread: natural oil blend(soybean, palm fruit, extra virgin olive oil, and/or canola oil), water, garlic, contains 2% or less of: onion powder salt, sweet cream buttermilk, natural and artificial flavor, mono and diglycerides, spice, potassium sorbate and sodium benzoate to protect quality, soy lecithin, citric acid, lactic acid, vitamin A palmitate, beta carotene for color. Contains; milk, soy, wheat

Allergens: Milk, Soy, Wheat

Notes

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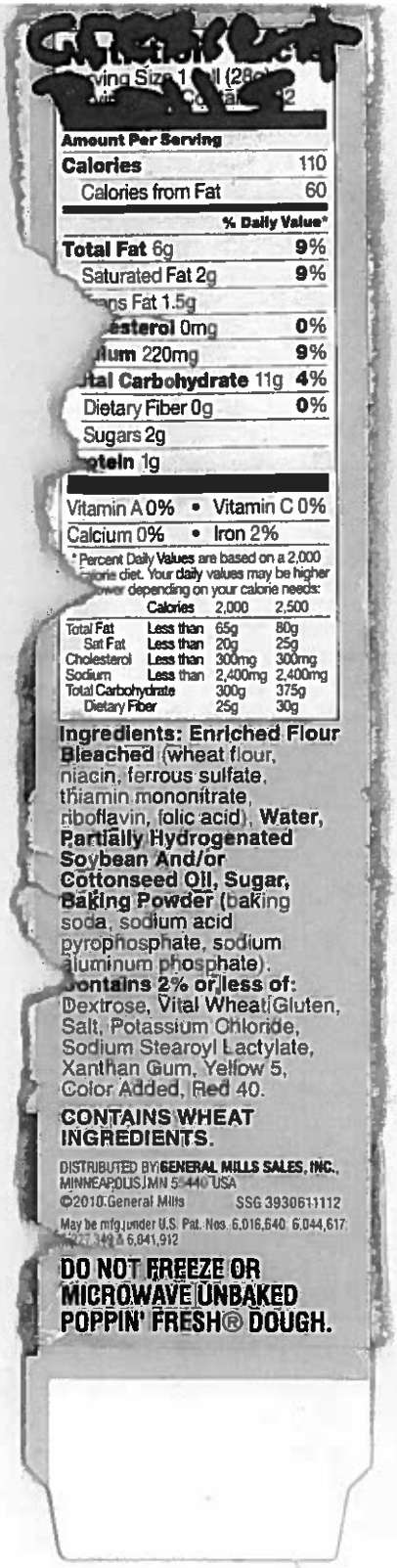
Crescent Rolls



Nutrition Facts

Serving Size 1 roll (28g)

Servings Per Container 12

Amount Per Serving	
Calories	110
Calories from Fat	60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**9%**
Trans Fat 1.5g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 2g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Ingredients: Enriched Flour Bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), **Water, Partially Hydrogenated Soybean And/or Cottonseed Oil, Sugar, Baking Powder** (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate). **Contains 2% or less of:** Dextrose, Vital Wheat Gluten, Salt, Potassium Chloride, Sodium Stearoyl Lactylate, Xanthan Gum, Yellow 5, Color Added, Red 40.

CONTAINS WHEAT INGREDIENTS.

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

 SSG 3930611112

DO NOT FREEZE OR MICROWAVE UNBAKED POPPIN' FRESH® DOUGH.

Muffin English Split Frk 2 Oz

Printer Friendly

SUPC: 4183752

Nutrition Information

Serving Size: 1 muffin piece(s) (57 grams)

Amount Per Serving		
Calories: 120	Calories from Fat: 9	
		% Daily Value*
Total Fat:	1 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	210 MG	9%
Potassium:	NA	NA
Total Carbohydrate:	24 GM	8%
Dietary Fiber:	1 GM	4%
Sugars:	1 GM	
Protein:	5 GM	

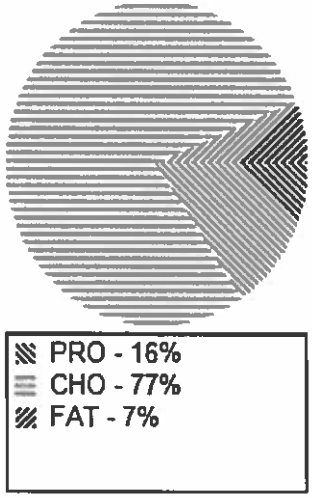
Vitamin A: 0% • Vitamin C: 0%

Calcium: 10% • Iron: 10%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ingredients:

ENRICHED FLOUR, BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN & FOLIC ACID), WATER, YEAST, CONTAINS LESS THAT 2% OF EACH OF THE FOLLOWING: WHEAT GLUTEN, YELLOW CORN FLOUR, YELLOW CORN MEAL, CALCIUM PROPIONATE, (A PRESERVATIVE), SALT, HIGH FRUCTOSE CORN SYRUP, CALCIUM SULFATE, WHEAT STARCH, FUMARIC ACID, CITRIC ACID, CALCIUM CITRATE, ARTIFICIAL & NATURAL FLAVORS (VEGETABLE SOURCE), CONTAINS ONE OR MORE OF THE FOLLOWING VEGETABLE OILS: SOYBEAN OIL, FRACTIONATED COCONUT OIL, FRACTIONATED PALM OIL, DOUGH CONDITIONERS MAY CONTAIN ONE OR MORE OF THE FOLLOWING: ASCORBIC ACID, DATEM, ENZYMES, CALCIUM PEROXIDE, AZODICARBONAMIDE, MONOCALCIUM PHOSPHATE. CONTAINS: WHEAT.

Allergens: Wheat

Notes

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Nutrition Information:

Stroehmann's White Hamburger Rolls

Nutrition Facts

Serving Size: 1 bun (39g)

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	

Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Salt, Wheat Gluten, Mono-and Diglycerides, Calcium Pro-Pionate (Preservative), Calcium Sulfate, DATEM, Grain Vinegar, Citric Acid, Potassium Iodate, Soy Lecithin, Soy Flour.

Nutritional Information:

Stroehmann's White Hotdog Rolls

Nutrition Facts

Serving Size 1 bun

Amount Per Serving	
Calories 120	Calories from Fat 9
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	

Vitamin A -	Vitamin C -
Calcium -	Iron -

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Salt, Wheat Gluten, Mono-and Diglycerides, Calcium Pro-Pionate (Preservative), Calcium Sulfate, DATEM, Grain Vinegar, Citric Acid, Potassium Iodate, Soy Lecithin, Soy Flour.

STROEHMANN WHOLE WHEAT HAMBURGER AND HOT DOG ROLLS

NUTRITION

- Serving Size: 1 bun

Amount per	Amount per Serving	My Daily Value
Calories	110Kcal	6%
Calories from Fat	15Kcal	2%
Total Fat1.	5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	210mg	9%
Total Carbohydrate	21g	9%
Dietary Fiber	1g	4%
Sugars	2g	5%
Added Sugars	2g	8%
Protein	3g	6%
Vitamin A	0IU	0%
Vitamin C	0mg	0%
Calcium	40mg	4%
Iron1.	08mg	6%

- Login / signup to see personalized values

INGREDIENTS

Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Salt, Wheat Gluten, Calcium Propionate (Preservative), Mono- and Diglycerides, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Grain Vinegar, Calcium Sulfate, Soy Lecithin, Sesame Seeds.

Product Specification Sheet

Hoagie Roll

Item Code: 00500

Description: Ready to Eat Italian Bread

Case Description

Sold By: 1 Dozen Loose, 6-Pack Bagged, 36-Count Case (Frozen)

Finishing Options: Sliced

Frozen Case Pack: 6 x 6-Pack Hoagie Rolls (3 Dozen)

Case Weight: 10.56 lbs. (168.89 Oz)

Case Dimensions: 1. Standard Liscio Box (21" x 26.75" x 5.5")

2. Standard Frozen Shipping Case (23.5" x 15.75" x 8.5")
   - 45 Case Per Pallet (5x9)
   - Cube Case: 1.82

Product Description

Loose Open Storage: < 3 Days

Bagged Storage: <7 Days

Frozen Storage: <90 Days

Signature: 1 Cut Lengthwise

Length: 11" (Tolerance +-.5")

Weight: 133 g or 4.7 Oz (Tolerance +-13.3g)

Servings per Roll: 1

Serving Size: 1 Roll

Calories Per Serving: 310

Calories Per Roll: 310

Allergens: Milk, Soy, Wheat

Nutrition Facts

Serving Size 1 roll (133 g/4.7 oz)
Servings Per Container 1

Amount Per Serving	
Calories 310	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 760mg	32%
Total Carbohydrate 61g	20%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 11g	

Vitamin A 4%	• Vitamin C 0%
Calcium 4%	• Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

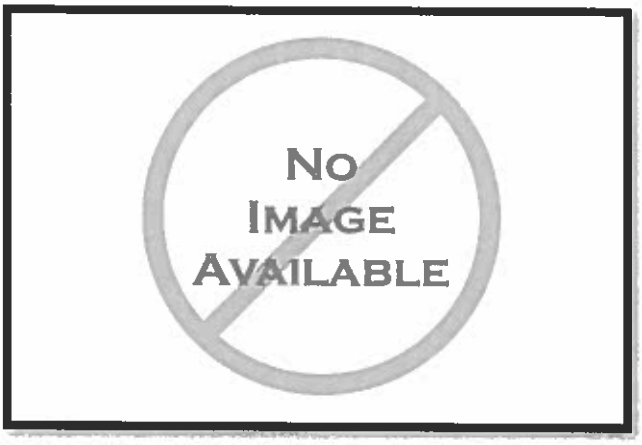
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FLOUR - (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (REDUCED), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, DOUGH CONDITIONER - (WHEY, CORN FLOUR, MONOCALCIUM PHOSPHATE, L-CYSTEINE HYDROCHLORIDE, POTASSIUM BROMATE), DEXTROSE, MARGARINE - (CANOLA AND/OR SOYBEAN OIL, PALM OIL, PALM KERNAL OILS), DOUGH CONDITIONER - (DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES, AMMONIUM SULFATE, CALCIUM SULFATE, POTASSIUM IODATE, ASCORBIC ACID)

MANUFACTURED IN A FACILITY THAT PROCESSES POPPY AND SESAME SEEDS.

CONTAINS: MILK, SOY, WHEAT



Product Specification Sheet

Mini Hoagie Roll

Item Code: 00610

3.9 oz roll

Description: Ready to Eat Italian Bread

Case Description

Sold By: Per Loose Dozen, 6-pack Bagged, 48-Count Case (Frozen)

Frozen Case Pack: 8 x 6-Pack Mini Hoagie Rolls (4 Dozen)

Frozen Case Weight: 11.75 lbs. (187.94 Oz)

Case Dimensions: 1. Standard Liscio Box (21" x 26.75" x 5.5")

2. Bulk Frozen Shipping Case (23.5"x15.75"x8.5")
   - 45 Case Per Pallet (5x9)
   - Cube Case: 1.82

Product Description

Loose Open Storage: < 3 Days

Bagged Storage: <7 Days

Frozen Storage: <90 Days

Signature: 1 Cut Lengthwise

Length: 9" (Tolerance +- .5")

Weight: 111g or 3.9 oz. (Tolerance +-11.1g)

Servings per Roll: 1

Serving Size: 1 roll

Calories per Serving: 260

Calories per Roll: 260

Allergens: Milk, Soy, Wheat

Nutrition Facts

Serving Size 1 roll (111 g/3.9 oz)
Servings Per Container 1

Amount Per Serving	
Calories 260	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	26%
Total Carbohydrate 50g	17%
Dietary Fiber 4g	17%
Sugars 4g	
Protein 9g	
Vitamin A 2%	• Vitamin C 0%
Calcium 4%	• Iron 15%

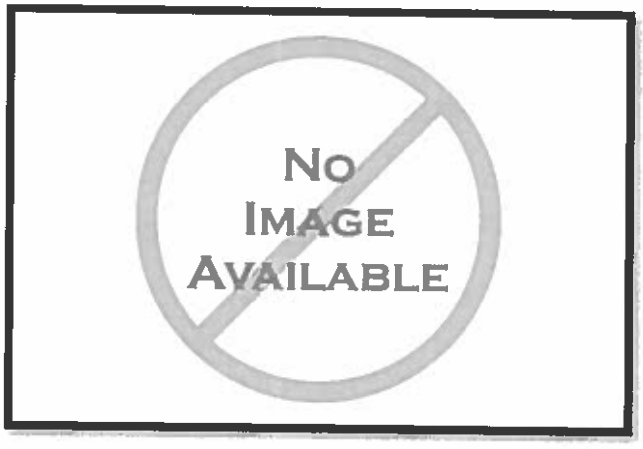
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

INGREDIENTS: FLOUR - (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (REDUCED), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, DOUGH CONDITIONER - (WHEY, CORN FLOUR, MONOCALCIUM PHOSPHATE, L-CYSTEINE HYDROCHLORIDE, POTASSIUM BROMATE), DEXTROSE, MARGARINE - (CANOLA AND/OR SOYBEAN OIL, PALM OIL, PALM KERNAL OILS), DOUGH CONDITIONER - (DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES, AMMONIUM SULFATE, CALCIUM SULFATE, POTASSIUM IODATE, ASCORBIC ACID)

MANUFACTURED IN A FACILITY THAT PROCESSES POPPY AND SESAME SEEDS.

CONTAINS: MILK, SOY, WHEAT



Liscios Bakery 4.2 oz roll

Nutrition Facts

Serving Size 4 1/5 oz (119 g/4.2 oz)
Servings Per Container 1

Amount Per Serving

Calories 270	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	28%
Total Carbohydrate 54g	18%
Dietary Fiber 5g	18%
Sugars 4g	
Protein 10g	

Vitamin A 2% • Vitamin C 0%
Calcium 4% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FLOUR - (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (REDUCED), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, DOUGH CONDITIONER - (WHEY, CORN FLOUR, MONOCALCIUM PHOSPHATE, L-CYSTEINE HYDROCHLORIDE, POTASSIUM BROMATE), DEXTROSE, MARGARINE - (CANOLA AND/OR SOYBEAN OIL, PALM OIL, PALM KERNAL OILS), DOUGH CONDITIONER - (DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES, AMMONIUM SULFATE, CALCIUM SULFATE, POTASSIUM IODATE, ASCORBIC ACID)

MANUFACTURED IN A FACILITY THAT PROCESSES POPPY AND SESAME SEEDS.

CONTAINS: MILK, SOY, WHEAT

Product Specification Sheet

Long Dinner Roll

Item Code: 00580

Description: Ready to Eat Italian Bread

Case Description

Sold By: Per Loose Dozen, 12-Pack Bagged, 144-Count Case (Frozen)

Frozen Case Pack: 12 x 12-Pack Long Dinner Rolls (12 Dozen)

Frozen Case Weight: 11.75 lbs. (187.94 oz.)

Case Dimensions: 1. Standard Liscio Box (21" x 26.75" x 5.5")

2. Standard Frozen Shipping Case (23.5" x 15.75" x 8.5")
   - 45 Case Per Pallet (5x9)
   - Cube Case: 1.82

Product Description

Loose Open Storage: < 3 Days

Bagged Storage: <7 Days

Frozen Storage: <90 Days

Signature: 1 Slice Lengthwise

Length: 3" (Tolerance +- .25")

Weight: 37g or 1.3oz. (Tolerance +- 3.7g)

Servings per Roll: 1

Serving Size: 1 Roll

Calories per Serving: 90

Calories per Roll: 90

Allergens: Milk, Soy, Wheat

Nutrition Facts

Serving Size 1 roll (37 g/1.3 oz)
Servings Per Container 12

Amount Per Serving	
Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 3g	

Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
Thiamin 10%	• Riboflavin 6%
Niacin 6%	• Folate 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

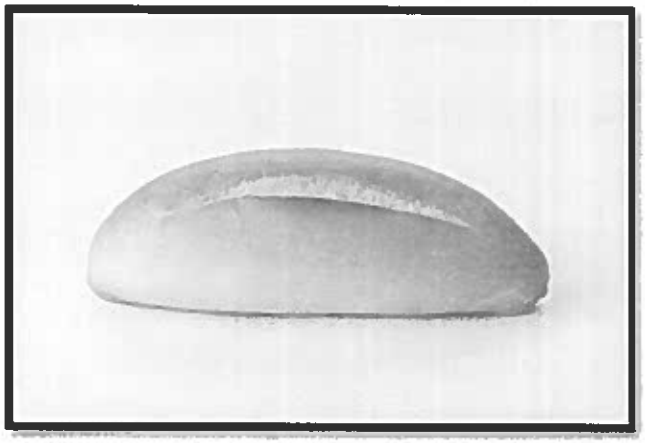
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FLOUR - (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (REDUCED), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED SEMOLINA, SALT, DOUGH CONDITIONER - (WHEY, CORN FLOUR, MONOCALCIUM PHOSPHATE, L-CYSTEINE HYDROCHLORIDE, POTASSIUM BROMATE), MARGARINE - (CANOLA AND/OR SOYBEAN OIL, PALM OIL, PALM KERNAL OILS), YEAST, DEXTROSE, DOUGH CONDITIONER - (DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES, AMMONIUM SULFATE, CALCIUM SULFATE, POTASSIUM IODATE, ASCORBIC ACID)

MANUFACTURED IN A FACILITY THAT PROCESSES POPPY AND SESAME SEEDS

CONTAINS: MILK, SOY, WHEAT



Cracker Saltine

Printer Friendly

SUPC: 4204996

Nutrition Information

Serving Size: 1 package (2 crackers) (6 grams)

Amount Per Serving		
Calories: 20	Calories from Fat: 5	
		% Daily Value*
Total Fat:	0.5 GM	1%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	80 MG	3%
Potassium:	NA	NA
Total Carbohydrate:	5 GM	2%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	less than 1 GM	

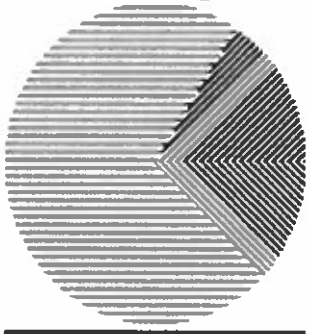
Vitamin A: 0% • Vitamin C: 0%

Calcium: 0% • Iron: NA

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ingredients:

ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SALT, CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, YEAST), SOY LECITHIN

Allergens: Soy, Wheat

Notes

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Shell Taco 5.25 Yel Prefry

Printer Friendly

SUPC: 6798698

Nutrition Information

Serving Size: 3 piece(s) (33 grams)

Amount Per Serving		
Calories: 160	Calories from Fat: 63	
		% Daily Value*
Total Fat:	7 GM	11%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	4 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	0 MG	0%
Sodium:	0 MG	0%
Potassium:	NA	NA
Total Carbohydrate:	21 GM	7%
Dietary Fiber:	2 GM	8%
Sugars:	0 GM	
Protein:	2 GM	

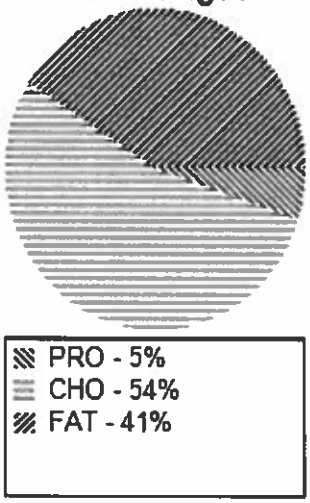
Vitamin A: 0% • Vitamin C: 0%

Calcium: 2% • Iron: 2%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ingredients:

Corn treated with Lime, Water, Vegetable Oil (Contains one or more of the following: Soybean Oil, Corn Oil, Cottonseed Oil) with TBHQ and Citric Acid.

Allergens: Soy

Notes

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Tortilla 10 In Variety Wrappy

Printer Friendly

SUPC: 5448121

Nutrition Information

Serving Size: 1 Tortilla (77 grams)

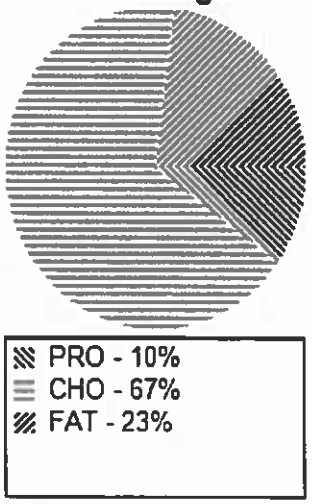
Amount Per Serving		
Calories: 230	Calories from Fat: 54	
		% Daily Value*
Total Fat:	6 GM	9%
Saturated Fat:	1.5 GM	8%
Trans Fat:	NA	NA
Polyunsaturated Fat:	1.5 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	0 MG	0%
Sodium:	300 MG	12%
Potassium:	NA	NA
Total Carbohydrate:	39 GM	13%
Dietary Fiber:	1 GM	4%
Sugars:	0 GM	
Protein:	6 GM	

Vitamin A: 0%	Vitamin C: 0%
Calcium: 10%	Iron: 15%
Thiamin: 25%	

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ingredients:

White Flour Tortilla Ingredients: Enriched Unbleached Malted Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Viatmin B9)), Water, Partially Hydrogenated Soybean and Cottonseed Oils, Salt, Soy Lecithin (emulsifier), Mono & Diglycerides, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Calcium Propionate (to preserve freshness), Fumaric Acid, Wheat Gluten, Corn Starch, Xanthan Gum, Locust Bean Gum. Whole Wheat Flour Tortilla Ingredients: Whole Wheat Flour, Enriched Malted Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9)), Water, Partially Hydrogenated Soybean and Cottonseed Oils, Salt, Soy Lecithin (emulsifier), Mono & Diglycerides, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Calcium Propionate (to preserve freshness), Fumaric Acid, Wheat Gluten, Corn Starch, Xanthan Gum, Locust Bean Gum. Tomato Tortilla Ingredients: Enriched Unbleached Malted Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9)), Water, Partially Hydrogenated Soybean and Cottonseed Oils, Tomato, Salt, Soy Lecithin (emulsifier), Mono & Diglycerides, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Calcium Propionate (to preserve freshness), Fumaric Acid, Wheat Gluten, Corn Starch, Xanthan Gum, Locust Bean Gum. Spinach Tortilla Ingredients: Enriched Unbleached Malted Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acidm (Vitamin B9)), Water, Partially Hydrogenated Soybean and Cottonseed Oils, Salt, Spinach, Soy Lecithin (emulsifier), Mono & Diglycerides, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Calcium Propionate (to preserve freshness), Fumaric Acid, Wheat Gluten, Corn Starch, Xanthan Gum, Locust Bean Gum. Chile Tortilla Ingredients: Enriched Unbleached Malted Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9)), Water, Partially Hydrogenated Soybean and Cottonseed Oils, Salt, Spices, Soy Lecithin (emulsifier), Mono & Diglycerides, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Garlic Powder, Calcium Propionate (to preserve freshness), Fumaric Acid, Wheat Gluten, Corn Starch, Xanthan Gum, Locust Bean Gum.

Notes

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Tortilla Flour Pressed 6 In

Printer Friendly

SUPC: 2385748

Nutrition Information

Serving Size: 2 pieces (58 grams)

Amount Per Serving		
Calories: 170	Calories from Fat: 41	
		% Daily Value*
Total Fat:	4.5 GM	7%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	2.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	0 MG	0%
Sodium:	300 MG	12%
Potassium:	NA	NA
Total Carbohydrate:	28 GM	9%
Dietary Fiber:	2 GM	8%
Sugars:	1 GM	
Protein:	4 GM	

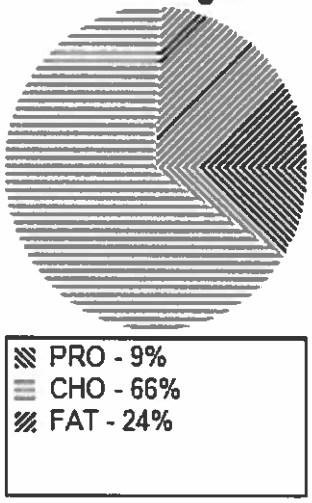
Vitamin A: 0% • Vitamin C: 0%

Calcium: 2% • Iron: 6%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ingredients:

Bleached Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Hydrogenated Vegetable Oil (Contains one or more of the following: Cottonseed Oil, Soybean Oil) with Mono-and Diglycerides and/or Citric Acid, Contains 2% or less of the following: Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Dough Conditioner (Sodium Stearoyl Lactylate, Calcium Sulfate), and Preservatives (Potassium Sorbate).

Allergens: Soy, Wheat

Notes

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STROEHMANN NUTRITION – WHOLE WHEAT BREAD

- Serving Size: 1 slice (38 g)

Amount per Serving	My Daily	Value
Calories	100K	cal 6%
Calories from Fat	15K	cal2%
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	18g	8%
Dietary Fiber	3g	12%
Added Sugars	3g	12%
Sugars	3g	7%
Protein	4g	8%
Vitamin A	0IU	0%
Vitamin C	0mg	0%
Calcium	40mg	4%
Iron	0.72mg	4%

- Login / signup to see personalized values

INGREDIENTS

Whole Wheat Flour, Water, High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Yeast, Salt, Wheat Bran, Mono- and Diglycerides, Calcium Propionate (Preservative), Datem, Monocalcium Phosphate, Calcium Sulfate, Grain Vinegar, Ethoxylated Mono- and Diglycerides, Soy Lecithin, Azodicarbonamide.

Stroehmann Bread – 100% Whole Wheat

NUTRITION

Serving Size: 1 slice (38 g)
better than average
Grade range for this category between
C- and AD
D+ C- C C+ B- B B+ A- A

- Nice! 100% whole grain
- More than 12% daily fiber!
- For dieters: FoodPoints value is 2
- Low calorie bread or just skimpy serving?
- Contains high fructose corn syrup

Amount per Serving		My Daily Value
Calories	100Kcal	6%
Calories from Fat	15Kcal	2%
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%

Login / signup to see personalized values

INGREDIENTS

Whole Wheat Flour, Water, High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Yeast, Salt, Wheat Bran, Mono- and Diglycerides, Calcium Propionate (Preservative), Datem, Monocalcium Phosphate, Calcium Sulfate, Grain Vinegar, Ethoxylated Mono- and Diglycerides, Soy Lecithin, Azodicarbonamide.


100% WHOLE WHEAT
Nutrition Facts
Serving Size
1 slice (38g)
Servings Per Container 18
Calories 90
Calories from Fat 10
Amount/Serving % Daily Value*
Total Fat 1g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Amount/Serving % Daily Value*
Sodium 170mg 7%
Total Carbohydrate 18g 6%
Dietary Fiber 2g 8%
Sugars 3g
Protein 4g
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 4% • Vitamin D 10%
Vitamin E 10% • Thiamin 4% • Riboflavin 2% • Niacin 6% • Folic Acid 2%


100%
Calories from Fat 10
Cholesterol 0mg
Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 4% • Vitamin D 10%
Vitamin E 10% • Thiamin 4% • Riboflavin 2% • Niacin 6% • Folic Acid 2%
Total Carbohydrate 30g 11%
Dietary Fiber 2g 8%
INGREDIENTS: WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, YEAST, SOYBEAN OIL, WHEAT BRAN, SALT, ENRICHMENT (CALCIUM SULFATE, VITAMIN E ACETATE, VITAMIN A PALMITATE, VITAMIN D3), MONO- AND DIGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), DATEM, SOY LECITHIN, CITRIC ACID, CIDER VINEGAR, POTASSIUM IODATE, ETHOXYLATED MONO- AND DIGLYCERIDES, CALCIUM PHOSPHATE.
R14-079
4
LDPE
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DC 100% WHOLE WHEAT
Each slice h
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Vitamins A,