

Anthony & Sons Bakery, Inc.

Nutrition Label Report

Kaiser Roll Poppy Seed

4:29 PM 9/15/2020
Page 1 of 1

Nutrition Facts	
1 serving per container	
Serving size	3 1/4 oz (92g)
Amount per serving	
Calories	220
Calories from Saturated Fat 0	
% Daily Value	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.3mg	15%
Potassium 30mg	0%
Magnesium 10mg	2%

INGREDIENTS: Unbromated Unbleached Enriched ,Wheat, Flour(Niacin,Iron,Thiamine Mononitrate,Riboflavin,Folic Acid), Water, Poppy Seed,Dough Conditioner:(Soy Flour,Diacetyl TartaricAcid Esters of Mono-and Diglycerides(DATEM),Monoglycerides,Soybean Oil,Calcium Sulfate,Ascorbic Acid,Potassium Bromate, L-Cysteine,Dextrin,Wheat Starch and Enzymes)., Salt, Sugar, Vital Wheat Gluten, Yeast, Allergen: This Product has been Processed in a Facility where, Wheat,Soy product are present.
CONTAINS: WHEAT & SOY