

Nutrition Label

Goodman, Dinner Rolls

Nutrition Facts	
6 servings per container	
Serving size	1 roll (57g)
Amount per serving	
Calories	150
	% Daily Value *
Total Fat 4g	5%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 26g	10%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.5mg	2%
Potassium 50mg	0%
* The % Daily Value (DV) 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	