

Bakery Nutrition Facts

Rolls	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Ancient Grain Roll, MWNGCI	1 each (105g)	280	11	14	1.5	8	0	40	13	490	21	37	13	5	18	9	7	14	9	0	6	15	6
Brioche Roll	1 each (73g)	230	3.5	4	1	5	0	40	13	270	12	42	15	1	4	7	6	12	8	6	2	10	2
Ciabatta Roll	1 each (84g)	190	0.5	1	0	0	0	0	0	510	22	38	14	2	7	2	0	0	9	0	0	15	2
Garlic Tuscan Roll	1 each (57g)	150	3	4	0	0	0	0	0	400	17	28	10	1	4	0	0	0	5	0	0	10	2
Mini Kaiser	1 each (42g)	120	1	1	0	0	0	5	2	220	10	23	8	1	4	2	1	2	5	6	0	6	0
Mini Kaiser Kimmelwick Roll	1 each (44g)	130	1.5	2	0	0	0	5	2	510	22	23	8	1	4	2	1	2	5	6	2	10	2
Kaiser Roll	1 each (67g)	190	1.5	2	0	0	0	10	3	340	15	36	13	2	7	3	2	4	8	10	2	10	2
Kimmelwick Roll	1 each (72g)	200	2	3	0	0	0	10	3	1130	49	37	13	4	14	3	2	4	8	10	2	15	2
Marathon Roll (V)	1 each (57g)	230	10	13	2	10	0	0	0	330	14	28	11	7	25	2	1	2	10	0	4	15	4
Onion Roll	1 each (60g)	140	2.5	3	0	0	0	5	2	240	10	27	10	2	7	4	3	6	5	0	2	10	2
Oatmeal Roll, MWNGCI	1 each (101g)	230	6	8	1	5	0	45	15	470	20	37	13	1	4	7	7	14	8	0	4	10	4
Organic Rosemary Olive Oil Roll	1 each (85g)	230	3.5	4	0.5	3	0	0	0	440	19	42	15	2	7	0	0	0	7	0	2	6	2
Pane Marco Polo Roll	1 each (71g)	150	1.5	2	0	1	0	0	0	320	14	30	11	2	7	0	0	0	5	0	0	10	2
Poppyseed Kaiser Roll	1 each (73g)	220	4	5	0.5	3	0	10	3	340	15	37	13	4	14	3	2	4	9	10	8	15	2
Portuguese Roll	1 each (85g)	230	3	4	0	0	0	0	0	420	18	41	15	1	4	1	0	0	7	0	2	15	2
Pretzel Kaiser Roll	1 each (71g)	190	3	4	0.5	3	0	20	7	690	30	35	13	2	7	3	0	0	6	10	2	6	2
Sesame Kaiser Roll	1 each (73g)	220	4.5	6	1	5	0	10	3	340	15	37	13	3	11	3	2	4	9	10	6	15	2
Super Soft Vienna Roll	1 each (88g)	210	2	3	1	5	0	10	3	420	18	40	15	3	11	2	1	2	8	6	2	10	2

Have questions or comments? Call Wegmans Consumer Care Center:
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