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)
Brioche Roll	1 each (75g)	230	4	5	1	5	0	50	17	270	12	41	15	1	4	7	6	12	8	6	2	10	2
Ciabatta Roll	1 each (84g)	220	1	1	0	0	0	0	0	480	21	45	16	1	4	2	0	0	7	0	0	15	2
Garlic Tuscan Roll	1 each (72g)	190	2.5	3	0	0	0	0	0	410	18	37	13	1	4	1	0	0	6	0	0	15	2
Mini Kaiser	1 each (42g)	120	1	1	0	0	0	5	2	220	10	23	8	1	4	2	1	2	5	2	0	8	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	0	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	0	2	15	2
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
Organic Rosemary Olive Oil Roll	1 each (78g)	210	3.5	4	0.5	3	0	0	0	400	17	38	14	1	4	0	0	0	6	0	0	6	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	0	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	0	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