

# Rolls & Braids Nutritional Information

## CARAMEL STICKY ROLLS

<b>Nutrition Facts</b> Serv. Size 4 oz (113g) Serv. Per Cont. 12 <b>Calories</b> 340 Fat Cal. 50	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 6g	9%	<b>Total Carb.</b> 65g	22%
	Sat. Fat 1g	6%	Fiber 3g	12%
	<i>Trans</i> Fat 1.5g		Sugars 28g	
	<b>Cholest.</b> 25mg	8%	<b>Protein</b> 8g	
	<b>Sodium</b> 430mg	18%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 15% • Calcium 6% • Iron 15%				

INGREDIENTS: Flour (bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), Water, Brown Sugar (molasses), Sugar, Margarine (partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.), Yeast (sorbitan monostearate, ascorbic acid), Whole Eggs, Powder Milk / Hi-heat (milk protein concentrate, whey solids, lactose), Corn Glucose Syrup, Salt, Butter Emulsion (Water, Propylene glycol, xanthan gum, natural and artificial flavors and FD&C Yellow No. 5, sodium benzoate as preservative), Cinnamon, Ground, Sugarcane Dark Molasses, White Distilled Vinegar (diluted with water to 5 % acidity)

CONTAINS: Eggs, Milk, Soybeans, Wheat

## CINNAMON ROLLS

<b>Nutrition Facts</b> Serv. Size 3 29/50 oz (101g) Serv. Per Cont. 12 <b>Calories</b> 290 Fat Cal. 40	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 4.5g	7%	<b>Total Carb.</b> 54g	18%
	Sat. Fat 1g	5%	Fiber 3g	13%
	<i>Trans</i> Fat 1g		Sugars 17g	
	<b>Cholest.</b> 25mg	8%	<b>Protein</b> 9g	
	<b>Sodium</b> 420mg	17%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 15% • Calcium 4% • Iron 15%				

INGREDIENTS: Flour (bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), Water, Brown Sugar (molasses), Sugar, Yeast (sorbitan monostearate, ascorbic acid), Whole Eggs, Margarine (partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.), Powder Milk / Hi-heat (milk protein concentrate, whey solids, lactose), Salt, Butter Emulsion (Water, Propylene glycol, xanthan gum, natural and artificial flavors and FD&C Yellow No. 5, sodium benzoate as preservative), Cinnamon, Ground, White Distilled Vinegar (diluted with water to 5 % acidity)

CONTAINS: Eggs, Milk, Soybeans, Wheat

## PUMPKIN ROLL

## Pumpkin Roll

<b>Nutrition Facts</b>	
Serving Size 1/11 Roll (57 grams)	
Servings Per Container 11	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>16%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber less than 1g	<b>2%</b>
Sugars 20g	
<b>Protein</b> 3g	
Vitamin A 25%	Vitamin C 0%
Calcium 4%	Iron 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 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
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

## Ingredients:

Cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizers [xanthan and/or carob bean and/or guar gum]), sugar, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), powdered sugar, egg, carrot puree, shredded carrot (water, dehydrated carrot), water, soybean oil, vegetable spread (vegetable oil blend [partially hydrogenated soybean oil and liquid soybean oil]), water, salt, whey, vegetable mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavor, colored with beta carotene, vitamin A palmitate added), spices, vanilla, nonfat dry milk, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt.

Contains the following allergens: Wheat, Milk, Soybeans, Eggs.

Allergy Information: Manufactured on equipment that processes products containing nuts.

## CHERRY FRENCH BRAID

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 4 oz (113g)	<b>Total Fat</b> 4g	<b>6%</b>	<b>Total Carb.</b> 54g	<b>18%</b>
Serv. Per Cont. 5.5	Sat. Fat 1g	<b>5%</b>	Fiber 3g	<b>11%</b>
<b>Calories</b> 290	Trans Fat 1g		Sugars 13g	
Fat Cal. 35	<b>Cholest.</b> 25mg	<b>8%</b>	<b>Protein</b> 8g	
	<b>Sodium</b> 410mg	<b>17%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 15%	Calcium 4%	Iron 15%

**INGREDIENTS:** Flour (bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), Water, Cherry Danish Filling (water, cherries, corn syrup, fructose, modified food starches, sugar, salt, citric acid, agar agar, natural and artificial flavors, FD&C Red no. 40, less than .1 of 1% benzoate of soda as a preservative), Sugar, Whole Eggs, Yeast (sorbitan monostearate, ascorbic acid), Bakers Margarine (Partially hydrogenated soybean and cottonseed oil, water, salt, mono and diglycerides, and lecithin, sodium benzoate added to help preserve freshness, artificially flavored, artificially colored with beta carotene, vitamin A palmitate added), Powder Milk / Hi-heat (milk protein concentrate, whey solids, lactose), Salt, Butter Emulsion (Water, Propylene glycol, xanthan gum, natural and artificial flavors and FD&C Yellow No. 5, sodium benzoate as preservative), White Distilled Vinegar (diluted with water to 5 % acidity)

CONTAINS: Eggs, Milk, Soybeans, Wheat

**CREAM CHEESE BRAID**

<b>Nutrition Facts</b> Serv. Size 4 oz (113g) Serv. Per Cont. 5.5 <b>Calories</b> 300 Fat Cal. 45	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 53g	<b>18%</b>
	<b>Sat. Fat</b> 2g	<b>9%</b>	<b>Fiber</b> 3g	<b>11%</b>
	<i>Trans</i> <b>Fat</b> 1g		<b>Sugars</b> 14g	
	<b>Cholest.</b> 30mg	<b>9%</b>	<b>Protein</b> 9g	
<b>Sodium</b> 430mg	<b>18%</b>			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 15% • Calcium 4% • Iron 15%				

**INGREDIENTS:** Flour (bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), Water, Cream Cheese Filling (water, sugar, corn syrup, powdered cream cheese, modified corn starch, fructose, natural and artificial flavor, salt, mondiglycerides, phosphoric acid, titanium dioxide, sodium stearoyl lactylate, sodium benzoate and potassium sorbate as a preservative.), Sugar, Whole Eggs, Yeast (sorbitan monostearate, ascorbic acid), Bakers Margarine (Partially hydrogenated soybean and cottonseed oil, water, salt, mono and diglycerides, and lecithin, sodium benzoate added to help preserve freshness, artificially flavored, artificially colored with beta carotene, vitamin A palmitate added), Powder Milk / Hi-heat (milk protein concentrate, whey solids, lactose), Salt, Butter Emulsion (Water, Propylene glycol, xanthan gum, natural and artificial flavors and FD&C Yellow No. 5, sodium benzoate as preservative), White Distilled Vinegar (diluted with water to 5 % acidity)

**CONTAINS:** Eggs, Milk, Soybeans, Wheat