

Mazzarelli's Bakery  
4 Submarine Rolls

# Nutrition Facts

Serving Size 1 Roll (71g)  
Servings Per Container 4

## Amount Per Serving

Calories 120      Calories from Fat 5

% Daily Value\*\*

Total Fat 0.5g      1%

Saturated Fat 0g      0%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg      0%

Sodium 220mg      9%

Total Carbohydrate 25g      8%

Dietary Fiber Less than 1g      2%

Sugars 2g

Protein 4g

Vitamin A\*      • Vitamin C\*

Calcium\*      • Iron      8%

Thiamin      15%      • Riboflavin      10%

Niacin      10%      •

\* Contains less than 2% of the Daily Value of these nutrients.

\*\* 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: FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, POTASSIUM BROMATE, THIAMIN AND RIBOFLAVIN), WATER, YEAST, SALT, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED AND/OR CANOLA OIL), SUGAR, DEXTROSE, CORN STARCH, DOUGH CONDITIONERS (VEGETABLE MONO AND DIGLYCERIDES, POTASSIUM BROMATE, ASCORBIC ACID, L-CYSTEINE, ENZYME), SOY FLOUR.