

# Pepper Parmesan Roll

## Nutrition Facts

**Serving size** 1 roll (100g)

**Amount Per Serving**

**Calories** 240

**% Daily Value\***

**Total Fat** 3.5g 4%

Saturated Fat 2g 10%

*Trans* Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 610mg 27%

**Total Carbohydrate** 41g 15%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 10g 20%

Vitamin D 0.1mcg 0%

Calcium 150mg 10%

Iron 2.3mg 15%

Potassium 120mg 2%

Thiamin 0.3mg 25%

Phosphorus 170mg 15%

Magnesium 30mg 8%

Zinc 1mg 10%

\* 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.

INGREDIENTS: ENRICHED UNBLEACHED FLOUR, WATER, WHOLE WHEAT FLOUR, RYE FLOUR, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), SEA SALT, BLACK PEPPER, BARLEY MALT

CROOKED TREE BREADWORKS

2264 M119 STE#5

PETOSKEY, MI, 49770