

C-Rolls - Ogden

With Frosting

Nutrition Facts	
Serving Size 1/2 Roll	
5oz (146g)	
Servings Per Container 2	
Amount Per Serving	
Calories 400	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 600mg	25%
Total Carbohydrate 80g	27%
Dietary Fiber 8g	32%
Sugars 43g	
Protein 10g	
Vitamin A 2%	• Vitamin C 0%
Calcium 4%	• Iron 15%
*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
Saturated 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: Fresh Ground 100% Whole Wheat Flour, Water, Confectioners Sugar, Hi Fructose Corn Syrup, Brown Sugar, Eggs, Yeast, Butter (INSERT INGREDIENT COMPONENTS HERE), Salt, Vegetable Oil (INSERT INGREDIENT COMPONENTS HERE), Cinnamon and Natural and Artificial Vanilla Flavoring.
CONTAINS: WHEAT, MILK AND EGG

*You can state just Natural or just Artificial Flavoring depending on what your product's label says. Extracts should be listed as Natural and/or Artificial Flavoring.