1.75" 18.5" Printable Area 1.75"

9.25" Front Face Area

LIGHTLY SEEDED FRENCH
STYLE DINNER ROLL
SEEDED
ROLLS

WARMING
DIRECTIONS
Preheat oven to 375°F.
Remove from packaging
and place in a preheated
oven on a baking sheet or
directly on oven rack. Bake
6-8 minutes or until golden
brown. If stored frozen,
thaw 1 hour and follow the
same instructions.

Nutrition Facts 6 servings per container
Serving size 1 roll (57g/2oz) 180 **Calories** % Daily Value 5% **Total Fat** 4g 3% Saturated Fat .5g Trans Fat 0g Polyunsaturated Fat 2g Monounsaturated Fat 1.5g Cholesterol 0mg 0% 15% Sodium 350mg **Total Carbohydrate** 29g 11% Dietary Fiber 2g **7**% Soluble Fiber 0g Insoluble Fiber 1g Total Sugars 2g Includes 1g Added Sugars 2% **Protein** 6g Calcium 31mg Iron 2mg 10% Potassium 105mg 2% 0% Vitamin A 0mcg 6% Vitamin C 6mg Thiamin 0.3mg 25% 8% Riboflavin 0.1mg Niacin 1mg 6% Vitamin B6 0.1mg 6% 25% Folate 101mcg DFE (42.84mcg folic acid) Vitamin B12 0mcg 10% Magnesium 50mg * 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 FLOOR (WHEAT FLOOR, MIALTED BARLET FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SPROUTED WHOLE WHEAT FLOUR, PUMPKIN SEEDS, SUNFLOWER KERNELS, WHOLE WHEAT FLOUR, SESAME SEEDS, HONEY, CONTAINS LESS THAN 2% OF DOUGH CONDITIONER (ENRICHED WHEAT FLOUR, ASCORBIC ACID, ENZYMES), PRESERVATIVES (CULTURED WHEAT FLOUR, ASCORBIC ACID, ENZYMES), PRESERVATIVES (CULTURED CONTAINS: WHEAT. as Nice Distributed by ALDI Inc.

./5"

