Fiber Rolls

Nutrition Facts

Serving Size: 1 Loaf (0.0g)
Servings Per Container: 10

Amount Per Serving

Calories 150	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 55mg	**18**%
Sodium 350mg	**15**%
Total Carbohydrate 15g	**5**%
Dietary Fiber 8g	**32**%
Sugars <1g	
Sugar Alcohol 4g	
Protein 5g	

Vitamin A 2%	•	Vitamin C 0%
Calcium 15%	•	Iron 6%

* 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

INGREDIENTS: EGG, ALMOND FLOUR, PSYLLIUM HUSK, FAST-ACTION DRIED YEAST, ERYTHRITOL, SESAME SEEDS, CIDER VINEGAR, RUMFORD ALUMINUM-FREE BAKING POWDER, SALT

CONTAINS: EGG, ALMOND

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