



**Ingredient Declaration and Nutritional Information**

**GFS Hearty 12” Wheat Sub Roll**

**Ingredient Declaration:** Wheat Flour, Bleached, Enriched, (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Yeast. Cracked Wheat, Sugar, Wheat Bran, Contains 2% or less of: Dough Improver (wheat flour, acetylated tartaric esters of mono and diglycerides, salt, calcium stearoyl lactylate, calcium sulfate, soybean oil, ascorbic acid, potassium iodate, l-cysteine hydrochloride, azodicarbonamide, amylase), Calcium Propionate (To Preserve Freshness), Caramel Color, Dextrose, Enzymes, Molasses, Salt, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed and/or Canola Oils, Mono- & Diglycerides), Wheat Gluten

**Contains:** Wheat, Barley,

**Processed in a facility that uses:** Sesame, Eggs, Milk, Sulfites, and Soy.

**Nutritional Information:**

Serving Size: 1/3 roll (2.0oz/56.7g)

Servings per Container: 18

| Nutrient           | Values | Unit | % Daily Value |
|--------------------|--------|------|---------------|
| Calories           | 130    | kcal |               |
| Calories From Fat  | 10     | kcal |               |
| Total Fat          | 1.0    | g    | 2 %           |
| Saturated Fat      | 0      | g    | 0 %           |
| Trans Fat          | 0      | g    |               |
| Cholesterol        | 0      | mg   | 0 %           |
| Sodium             | 230    | mg   | 10 %          |
| Total Carbohydrate | 25     | g    | 8 %           |
| Dietary Fiber      | 1      | g    | 5 %           |
| Sugars             | 2      | g    |               |
| Protein            | 5      | g    |               |
| Vitamin A          |        |      | 0 %           |
| Vitamin C          |        |      | 0 %           |
| Calcium            |        |      | 4 %           |
| Iron               |        |      | 10 %          |

Required when a cholesterol or other fatty acid claim is made:

|                     |   |   |  |
|---------------------|---|---|--|
| Polyunsaturated Fat | 0 | g |  |
| Monounsaturated Fat | 0 | g |  |

Required when an enrichment claim is made:

|            |  |  |      |
|------------|--|--|------|
| Thiamin    |  |  | 15 % |
| Riboflavin |  |  | 8 %  |
| Niacin     |  |  | 10 % |

Revision History: "A"

| Document # | Revision Date: | Replaces Date: | Version | Content Change | Changed By |
|------------|----------------|----------------|---------|----------------|------------|
| COS-NUT48  | 7/21/14        | NA             | A       | New Form       | Matt R.    |

Approved By:

Date:

|        |  |  |      |
|--------|--|--|------|
| Folate |  |  | 15 % |
|--------|--|--|------|

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