



Effective: July 1, 2016

CINNAMON TOAST (CT15120W)

Ingredient Statement: White Wheat Bread (hard white whole wheat flour, enriched wheat flour [niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], malted barley flour, filtered water, sugar, margarine [vegetable oil {palm oil, palm kernel oil}, soybean oil, water, contains 2% or less of salt, soy lecithin, potassium sorbate, mono and diglycerides, lactic acid, natural and artificial flavor, vitamin A, beta carotene {color}], yeast, salt, less than 2% of the following: dough conditioner [enzymes, guar gum, ascorbic acid, malted barley flour], calcium propionate); Butter Flavored Oil (soybean oil and hydrogenated soybean oil with salt, soy lecithin, natural and artificial flavor, TBHQ, citric acid and artificial color), Sugar, Soybean Oil, Ground Cinnamon, Salt.

Contains: Wheat and Soy

Nutrition Facts	
Serving Size 2.20 ounces (62g)	
Servings Per Container One	
Amount Per Serving	
Calories 210	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 4g	
Vitamin A 2%	• Vitamin C 6%
Calcium 2%	• Iron 8%
*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	

5151 Alcoa Avenue, Vernon CA 90058
Telephone: (323) 826-2144 Facsimile: (323) 826-2150
www.Roseandshore.com

	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	341.36	212.91
Calories from Fat	157.50	98.23
Calories from Saturated Fat	25.71	16.03
Protein	5.97 g	3.73 g
Carbohydrates	42.04 g	26.22 g
Dietary Fiber	3.21 g	2.00 g
Sugar - Total	12.42 g	7.75 g
Fat - Total	17.55 g	10.94 g
Saturated Fat	2.86 g	1.78 g
Trans Fatty Acids	0.26 g	0.16 g
Cholesterol	0.00 mg	0.00 mg
Vitamin A	174.69 IU	108.95 IU
Thiamin - B1	0.40 mg	0.25 mg
Riboflavin - B2	0.20 mg	0.13 mg
Niacin - B3	3.49 mg	2.17 mg
Vitamin C	5.53 mg	3.45 mg
Vitamin E Alpha-Tocopherol	0.30 mg	0.19 mg
Calcium	35.96 mg	22.43 mg
Iron	2.14 mg	1.34 mg
Magnesium	20.35 mg	12.69 mg
Phosphorus	80.61 mg	50.28 mg
Potassium	99.54 mg	62.08 mg
Sodium	387.78 mg	241.86 mg
Zinc	0.74 mg	0.46 mg