



BFree

# 235030 - Soft White Rolls Gluten Free

4 Soft White Rolls made with Rice Flour and Buckwheat. These super soft rolls are versatile and tasty to suit any meal time. Only 130 Calories per roll and low in sugar. Ideal for pairing with soup, perfect for sliders, or as a base for your sandwich.



## Nutrition Facts

Servings per Container	4
Serving size	1 Roll (60g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0.2mcg	<b>2%</b>
Calcium 50mg	<b>4%</b>
Iron 0.5mg	<b>2%</b>
Potassium 50mg	<b>2%</b>

\* 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.

### \* Benefits

Gluten Free, Wheat Free, and Dairy Free, 4 Soft White Rolls made with Rice Flour and Buckwheat. These super soft rolls are versatile and tasty to suit any meal time. Only 130 Calories per roll and low in sugar. Ideal for pairing with soup, perfect for sliders, or as a base for your sandwich.

### Ingredients

Water, Corn Starch, Potato Starch, Tapioca Starch, Rice Flour, Canola Oil, Humectant (Glycerin), Thickeners (Carbohydrate Gum, Xanthan Gum, Modified Cellulose), Psyllium Husk, Yeast, Sourdough (Fermented Corn And Quinoa Flour), Rice Syrup, Emulsifier (Mono-And Diglycerides of Fatty Acids), Pea Protein, Salt, Bamboo Fiber, Fermented Corn, Preservative (Sorbic Acid), Cultured Dextrose. May contain sesame

### Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

For Maximum freshness, once opened, store in an airtight container and use within 7 days. UNIT UPC: 852795005186

### Serving Suggestions

Ideal for pairing with soup, perfect for sliders, or as a base for your sandwich

### Prep & Cooking Suggestions

Once thawed, rolls can be enjoyed straight from the pack or heated for 2-3 minutes in the oven to warm

### Product Specifications

Brand	Manufacturer
BFree	BFree Foods USA

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
852795005186	BF503	235030	00852795005254		12/8.47 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.44lb	6.35lb	United Kingdom	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.2in	12.3in	6.1in	0.79ft3	11x6	59days	-5°F / -2°F



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### Nutrition Analysis - By Measure

Calories	150	Total Fat	3.5g	Sodium	60mg
Protein	2	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	30g	Saturated Fat	3g	Iron	0.5mg
Sugars	1g	Added Sugars	0g	Potassium	50mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0.2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

