



FLOWERS

# 528836 - Roll Dinner 100% Whole Wheat

100% whole wheat dinner roll, 1.1 oz. Sweet wheaty flavor to this soft dinner roll.



## Nutrition Facts

Servings per Container  
Serving size **1PC (31g)**

Amount per serving  
**Calories 80**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 4g	
Vitamin D	<b>%</b>
Calcium	<b>%</b>
Iron	<b>%</b>
Potassium	<b>%</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

### Ingredients

### ⚠ Allergens

**Contains:**

soy wheat

**Free From:**

crustaceans eggs fish milk  
 peanuts tree nuts

### Handling Suggestions

Keep frozen until ready to use. Thaw overnight at room temperature. Shelf life at room temperature - 4-5 days.

### Serving Suggestions

100% Whole Wheat - great schools & healthcare. Meal accompaniment roll; use for bread basket, buffets, side item.

### Prep & Cooking Suggestions

Product is fully baked. Thaw overnight and serve. Can be warmed if desired.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
FLOWERS	FLOWERS FOODS SPECIALTY	Bread, Baked & Parbaked

MFG #	SPC #	GTIN	Pack	Pack Desc.
10522940	528836	00075361014102	8	192/1.1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.83lb	13lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
22.12in	17in	7.87in	1.71ft3	4x3	270DAYS	0°F / 32°F



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Nutrition Analysis

Calories	80	Total Fat	1.5g	Sodium	140mg
Protein	4	Trans Fats	0g	Calcium	
Total Carbohydrates...	14g	Saturated Fat	0g	Iron	
Sugars	1g	Added Sugars		Potassium	
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

