



Effective: Nov 1, 2012

## CINNAMON TOAST (CT15120W)

Ingredient Statement: White Whole Wheat Bread (water, white whole wheat flour, wheat flour enriched [{niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, malted barley, ascorbic acid], high fructose corn syrup, yeast, contains less than 2% of each of the following: vital wheat gluten, soybean oil, salt, calcium propionate, DATEM, mono-glycerides, enzymes, ascorbic acid, ADA); Butter Flavored Oil (soybean oil and hydrogenated soybean oil with salt, soy lecithin, natural and artificial flavor, TBHQ, citric acid and artificial color); Soybean Oil; Sugar; Ground Cinnamon.

Contains: Wheat and Soy

<b>Nutrition Facts</b>	
Serving Size 2.20 ounces (62g)	
Servings Per Container One	
<b>Amount Per Serving</b>	
<b>Calories 230</b> Calories from Fat 120	
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 2g	<b>11%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 7g	
<b>Protein</b> 5g	
Vitamin A 2%   •  Vitamin C 0%	
Calcium 8%    •  Iron 10%	
*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	

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	370.06	230.71
Calories from Fat	186.55	116.30
Calories from Saturated Fat	31.26	19.49
Protein	8.44 g	5.26 g
Carbohydrates	48.81 g	30.43 g
Dietary Fiber	4.20 g	2.62 g
Soluble Fiber	0.40 g	0.51 g
Insoluble Fiber	0.88 g	1.12 g
Sugar - Total	11.28 g	7.04 g
Other Carbohydrates	16.07 g	10.02 g
Fat - Total	20.73 g	12.92 g
Saturated Fat	3.47 g	2.17 g
Mono Fat	5.17 g	3.22 g
Poly Fat	8.66 g	5.40 g
Trans Fatty Acids	0.06 g	0.04 g
Cholesterol	0.00 mg	0.00 mg
Vitamin A	100.05 IU	62.37 IU
Thiamin - B1	0.22 mg	0.14 mg
Riboflavin - B2	0.09 mg	0.05 mg
Niacin - B3	1.12 mg	0.70 mg
Vitamin - B6	0.00 mg	0.00 mg
Vitamin - B12	0.00 mcg	0.00 mcg
Biotin	0.00 mcg	0.00 mcg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.00 mg	0.00 mg
Folate	44.77 mcg	27.91 mcg
Vitamin K	0.00 mcg	0.00 mcg
Calcium	122.39 mg	76.30 mg
Chloride	0.00 mg	0.00 mg
Copper	0.00 mg	0.00 mg
Iron	2.61 mg	1.63 mg
Magnesium	0.00 mg	0.00 mg
Phosphorus	0.00 mg	0.00 mg
Potassium	0.18 mg	0.11 mg
Sodium	465.51 mg	290.21 mg
Zinc	0.00 mg	0.00 mg