

Venice Baking Company

Nutrition Label

Whole Grain Dough Ball

August 3, 2012

Nutrition Facts	
Serving Size 100 g	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	21%
Total Carbohydrate 42g	14%
Dietary Fiber 4g	17%
Sugars 0g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 15%
* 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
Sat 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	

INGREDIENTS: Water, Whole Grain Wheat Flour, Unbleached Enriched White Flour, Fresh Yeast, Salt, Evaporated Cane Juice, Olive Oil, Wheat Gluten

** The Venice Bakery Whole Grain Dough Ball formula contains 56% Wheat Ingredients by weight.