MULTIGRAIN ROLL

Net Wt. 10oz (284g)

This hearty, crunchy roll is made with a touch of honey and molasses and studded with organic grains and seeds.

*Ingredients: Flour (**wheat** flour, malted barley flour), water, organic grain blend (yellow corn meal, hulled millet, rolled oats, barley flakes), whole wheat flour, molasses, honey, contains less than 2% of each of the following: wheat bran, sea salt, sunflower seeds, sesame seeds, pumpkin seeds, flax seeds and dried yeast.*

CONTAINS WHEAT. MADE ON SHARED EQUIPMENT WITH MILK, EGG AND TREE NUTS. MADE IN A FACILITY THAT PROCESSES PEANUTS.

Nutrition Facts

Servings: 4, **Serv. size: 1 roll (2.5oz /71g)**

Amount per serving: **Calories 200**, **Total Fat** 2g (3% DV), Sat. Fat 0g (0% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 388mg (16% DV), **Total Carb.** 40g (13% DV), Fiber 2g (9% DV), Total Sugars 4g, **Protein** 6g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (6% DV), Iron (10% DV)

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St. Louis, MO
63146

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