

Nutrition Facts Serv. Size: **1 roll** (45 g/1.6 oz), Servings **3**,

Amount Per Serving: Calories 220, Fat Cal. 108, Total Fat 12g (18%DV), Sat. Fat 2g (10%DV), **Trans Fat** 0g, **Cholest.** 0mg (0%DV), **Sodium** 0mg (0%DV), **Total carb.** 23g (8%DV), **Fiber** 6g (24%DV), Sugars 14g, **Protein** 4g, Vitamin A (0%DV), Vitamin C (0%DV), Calcium (4%DV), Iron (8%DV), Vitamin K (8%DV), Thiamin (10%DV), Riboflavin (15%DV), Vitamin B6 (6%DV), Folate (2%DV), Copper (25%DV), Magnesium (20%DV), Manganese (50%DV), Phosphorus (15%DV), Selenium (6%DV), Zinc (10%DV), Potassium (6%DV) Percent Daily Values (DV) are based on a 2,000 calorie diet.