

Nutrition Analysis

Raw Cinnamon Rolls

Serving Size: 1 roll (45g)

Servings per Container: 3

<u>Nutrient</u>	<u>Amount</u>	<u>Nutrient</u>	<u>Amount</u>
Calories	206.653 kCal	Total Folate	12.166 µg
Protein	4.213 grams	Food Folate	8.394 µg
Carbohydrate	22.259 grams	Folic Acid	0.000 µg
Total Sugar	14.105 grams	Inositol	0.000 mg
Fiber	5.572 grams	Pantothenic	0.190 mg
Sugar Alcohols	0.000 grams	Vitamin C	0.744 mg
Other Carbohydrate	0.003 grams	Vitamin D	0.000 µg
Total Fat	11.801 grams	Total Vitamin E	0.228 mg
Saturated Fat	2.100 grams	d-Alpha-Tocoph...	0.000 mg
Monounsaturated Fat	4.394 grams	dl-Alpha-Tocoph...	0.000 mg
Polyunsaturated Fat	4.803 grams	Beta-Tocopherol	0.010 mg
Omega-3 Fat	0.000 grams	Gamma-Tocoph...	1.868 mg
Omega-6 Fat	2.359 grams	Delta-Tocopherol	0.119 mg
Trans Fat	0.000 grams	Alpha-Tocotrienol	0.000 mg
Cholesterol	0.000 mg	Beta-Tocotrienol	0.000 mg
Other Fats	0.542 mg	Gamma-Tocotrie...	0.000 mg
Sodium	3.707 mg	Delta-Tocotrienol	0.000 mg
Water	4.792 grams	Vitamin K	5.624 µg
Ash	0.349 grams	Other Vitamins	0.000 mg
Alcohol	0.446 grams		
Caffeine	0.000 mg		
Theobromine	0.000 mg	Minerals:	
		Calcium	35.447 mg
Vitamins:		Chlorine	0.000 mg
Vitamin A	0.406 µg RAE	Chromium	0.000 µg
Retinol	0.000 µg RAE	Copper	0.463 mg
Carotene	0.399 µg RAE	Flouride	0.000 µg
Beta-Carotene	0.299 µg RAE	Iodine	0.000 µg
Alpha-Carotene	0.000 µg RAE	Iron	1.436 mg
Beta-Cryptoxan...	0.100 µg RAE	Magnesium	70.125 mg
Lycopene	0.002 µg RAE	Manganese	1.067 mg
Lutein+Zeaxan...	1.052 µg RAE	Molybdenum	0.000 µg
Thiamin (B1)	0.140 mg	Phosphorus	132.187 mg
Riboflavin (B2)	0.215 mg	Potassium	200.480 mg
Niacin (B3)	0.362 mg	Selenium	4.228 µg
Vitamin B6	0.106 mg	Silicon	0.000 mg
Vitamin B12	0.000 µg	Sodium	3.707 mg
Betaine	0.133 mg	Sulfur	0.000 mg
Biotin	0.000 µg	Zinc	1.422 mg
Choline	5.567 mg	Other Minerals	0.000 mg

Sugars:

Fructose	0.967	grams
Galactose	0.000	grams
Glucose	0.737	grams
Lactose	0.000	grams
Maltose	0.000	grams
Sucrose	9.132	grams
Other Sugars	0.000	grams

Sugar Alcohols:

Maltitol	0.000	grams
Mannitol	0.000	grams
Sorbitol	0.000	grams
Xylitol	0.000	grams
Lactitol	0.000	grams
Isomalt	0.000	grams
Erythritol	0.000	grams
HSH	0.000	grams

Fiber:

Soluble Fiber	0.000	grams
Insoluble Fiber	0.000	grams

Other Carbohydrate:

Glycerin	0.000	grams
Non-Net Carbs	0.000	grams
Starch	0.000	grams

Amino Acids:

Alanine	0.072	grams
Arginine	0.193	grams
Aspartic acid	0.182	grams
Cystine	0.023	grams
Glutamic acid	0.296	grams
Glycine	0.089	grams
Histidine	0.039	grams
Hydroxyproline	0.006	grams
Isoleucine	0.066	grams
Leucine	0.109	grams
Lysine	0.055	grams
Methionine	0.026	grams
Phenylalanine	0.073	grams
Proline	0.069	grams
Serine	0.087	grams
Threonine	0.060	grams
Tryptophan	0.020	grams
Tyrosine	0.040	grams
Valine	0.080	grams
Other Amino Acids	0.000	grams

Fatty Acids:

Fatty acid 4:0	0.000	grams
Fatty acid 6:0	0.003	grams
Fatty acid 8:0	0.038	grams
Fatty acid 10:0	0.031	grams
Fatty acid 12:0	0.229	grams
Fatty acid 13:0	0.000	grams
Fatty acid 14:0	0.086	grams
Fatty acid 15:0	0.000	grams
Fatty acid 16:0	0.365	grams
Fatty acid 17:0	0.001	grams
Fatty acid 18:0	0.152	grams
Fatty acid 19:0	0.000	grams
Fatty acid 20:0	0.005	grams
Fatty acid 22:0	0.002	grams
Fatty acid 24:0	0.001	grams
Fatty acid 14:1	0.000	grams
Fatty acid 15:1	0.000	grams
Fatty acid 16:1	0.001	grams
16:1 cis	0.000	grams
16:1 trans	0.000	grams
Fatty acid 17:1	0.000	grams
Fatty acid 18:1	0.770	grams
18:1 cis	0.001	grams
18:1 trans	0.000	grams
Fatty acid 20:1	0.010	grams
Fatty acid 22:1	0.000	grams
22:1 cis	0.000	grams
22:1 trans	0.000	grams
Fatty acid 24:1	0.002	grams
Fatty acid 16:2	0.000	grams
Fatty acid 18:2	2.359	grams
18:2 cis cis	0.000	grams
18:2 cis trans	0.000	grams
18:2 trans cis	0.000	grams
18:2 trans trans	0.000	grams
18:2 other	0.000	grams
Fatty acid 18:3	1.258	grams
18:3 omega 3	0.000	grams
18:3 omega 6	0.000	grams
Fatty acid 18:4	0.000	grams
Fatty acid 20:2	0.000	grams
Fatty acid 20:3	0.000	grams
20:3 omega 3	0.000	grams
20:3 omega 6	0.000	grams
Fatty acid 20:4	0.000	grams
20:4 omega 3	0.000	grams
20:4 omega 6	0.000	grams
Fatty acid 20:5	0.000	grams

Fatty acid 22:2 0.000 grams Allergen Statements

Fatty acid 22:5 0.000 grams

Fatty acid 22:6 0.000 grams

US - English:
CONTAINS: Nuts

Sterols:

Betasterol 7.847 mg

Campesterol 1.751 mg

Cholesterol 0.000 mg

Phytosterol 0.542 mg

Stigmasterol 0.359 mg

Canada - English:
CONTAINS: Nuts

Canada - French:
CONTIENT: Noix

Net Carbohydrates by Difference

Total Carbohydrates 22.259 grams

Total Fiber 5.572 grams

Sugar Alcohols 0.000 grams

Glycerin 0.000 grams

Other Non-net Carbs 0.000 grams

Net Carbohydrates 16.687 grams

Net Carbohydrates by Calories

Net Carbohydrates	16.687 grams	66.7	calories
Total Fiber	5.572 grams	0.0	calories
Sugar Alcohols	0.000 grams	0.0	calories
Glycerin	0.000 grams	0.0	calories
Other Non-net Carbs	0.000 grams	0.0	calories
Equivalent Carb Grams	16.687	grams	66.7
	calories		

Eligible U.S. Content Claims

Calories: none

Fat: none

Saturated Fat: none

Cholesterol: possible "Cholesterol Free" (see regulations)

Sugar: none

Sodium: "Sodium Free"