

Schar Ciabatta Rolls

Nutrition Facts

1 servings per container

Serving size**1 roll (50g)**

Amount Per Serving

Calories**150**

% Daily Value*

Total Fat 1.5g **2%**Saturated Fat 0g **0%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 220mg **10%****Total Carbohydrate** 32g **12%**Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 2g Added Sugars **4%****Protein** 2g **4%**Vitamin D 0mcg **0%**Calcium 52mg **4%**Iron 1.08mg **6%**Potassium 94mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.