



# TRADITIONAL OVEN RISING

## ONE HUNDRED GRAM REPORT

NUTRIENT	VALUE	UNIT
Calories	235.36	kcal
Total Fat	3.78	g
Saturated Fat	0.78	g
Trans Fat	0.02	g
Polyunsaturated Fat	2.13	g
Monounsaturated Fat	0.86	g
Cholesterol	0.00	mg
Sodium	240.75	mg
Total Carbohydrates	44.10	g
Dietary Fiber Compliant	1.43	g
Dietary Fiber Not Compliant	0.04	g
Sugars	1.67	g
Added Sugars	1.04	g
Protein	7.32	g
Vitamin D mcg	0.00	mcg
Calcium	12.00	mg
Iron	0.56	mg
Potassium	66.57	mg
Thiamin	0.07	mg
Riboflavin	0.06	mg
Niacin	0.67	mg
Folate DFE	16.61	mcg DFE



Nutritional data provided by AIB is based solely on information provided by the client and the ingredient manufacturers.

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