

Bridgford® Heat & Serve Individually Wrapped (IW) White Whole Wheat Rolls, 2 oz., 6689



Product #	6689
GTIN	10047500019412
Case Pack	70/2 oz
Serving Size	1 Roll
Storage Temperature	0°F
Shelf Life	365 days
Kosher	No

Nutrition Facts

70 servings per container
Serving size 1 Roll (57g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%

Protein 5g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 88mg	2%

*The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Child Nutrition 1 Roll = 2 oz equivalent grain servings.

Product Description Bridgford Pre-Baked Individually Wrapped White Whole Wheat Rolls come frozen. **Keep frozen until ready to use for maximum shelf life. Once thawed, follow heating instructions before eating.**

Benefit of Using this Product 0g Trans Fat. Easy preparation. 51% Whole Grain.

Serving Suggestion Serve warm.

Preparation and Cooking Instructions Remove desired number of IW rolls from product case. Arrange evenly on sheet pan(s). Preheat oven to 325 degrees for convection ovens (375 degrees for conventional). From frozen, heat rolls for 13-15 minutes. If rolls are thawed, heat for 5-7 minutes.

Ingredients WHITE WHEAT 100% WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CANE SUGAR, SHORTENING (INTERESTERIFIED SOYBEAN, WITH DISTILLED MONOGLYCERIDES ADDED), CONTAINS 2% OR LESS OF: YEAST, SALT, SODIUM CASEINATE, WHEY PROTEIN, DOUGH CONDITIONER (CALCIUM SULFATE, ENRICHED BLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID [VITAMIN C], CALCIUM PEROXIDE, ENZYMES AND AMMONIUM SULFATE), CALCIUM PROPIONATE (PRESERVATIVE).

Contains Milk, Soybean, Wheat

Shipping Facts	Case Weight 10.75 lbs	Case Pack 70/2 oz	Case Dimensions 16 x 12.25 x 9	Case Cube 1.02	Tie/High 8 x 7
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Jean Moore, Nutrition Specialist

January 1, 2025