Rosemary and Olive Oil Ciabatta Square Burger Bun / Ciabatta Carré Burger à l'Huile d'Olive et Romarin 90294

Nutrition Facts

Serving Size Per 1 roll (85g)
Servings Per Container 4

Amount Per Serving

Calories 210	Calories from Fat 25
	% Daily Value*
Total Fat 2.5 g	**4 %**
Saturated Fat 0.2 g	**1 %**
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 410 mg	**17 %**
Total Carbohydrate 38 g	**13 %**
Dietary Fiber 2 g	**8 %**
Sugars 1 g	
Protein 8 g	

Vitamin A 4 %	●	Vitamin C 0 %
Calcium 2 %	●	Iron 20 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g