

Comp #: 1408
Company: Mama La Rosa Foods, Inc.
Product: Cracked Wheat Doughball
Formula: 75258
Date: Wednesday, September 28, 2011

US Nutrition Facts Report

Serving Size: 1/8 dough (57g/2oz)

Servings per container: 8

Nutrient	Values	Unit	% Daily Value
Calories	130	kcal	
Calories From Fat	15	kcal	
Total Fat	1.5	g	2 %
Saturated Fat	0	g	0 %
Trans Fat	0	g	
Cholesterol	0	mg	0 %
Sodium	310	mg	13 %
Total Carbohydrate	25	g	8 %
Dietary Fiber	2	g	9 %
Sugars	1	g	
Protein	5	g	
Vitamin A			0 %
Vitamin C			0 %
Calcium			0 %
Iron			8 %

Required when a cholesterol or other fatty acid claim is made:

Polyunsaturated Fat	0.5	g	
Monounsaturated Fat	0	g	

Required when an enrichment claim is made:

Thiamin			15%
Riboflavin			8%
Niacin			10%
Folate			15%

Nutritional data provided by AIB is based solely on information rendered by the bakery and the ingredient manufacturers

AIB International Food Labeling Services
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American Institute of Baking Nutrition Labeling Program

Date: Thursday, June 30, 2011

Company #: 1408 **Company:** Mama La Rosa Foods, Inc.

AIB Formula #: 81321 **Product:** Cracked Wheat Doughball Revised

Form: Stda Standard Format with Mandatory Nutrients Minimum Type Size

Nutrition Facts

Serving Size 1/8 dough (57g/2oz)

Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **9%**

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

* 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	
Sat 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	

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4