

Comp #: 1408
Company: Mama La Rosa Foods, Inc.
Product: "Whole Wheat" Dough Ball 16oz
Formula: 86376
Date: Thursday, April 25, 2013/Monday, August 5, 2013



US Nutrition Facts Report

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

Servings Per Container: 8

Nutrient	Values	Unit	% Daily
Calories	110	kcal	
Calories from Fat	5	kcal	
Total Fat	0.5	g	1%
Saturated Fat	0	g	0%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	250	mg	11%
Total Carbohydrates	25	g	8%
Dietary Fiber	3	g	11%
Sugars	1	g	
Protein	4	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	g
Monounsaturated Fat	0	g

Required when an enrichment claim is made:

Thiamin	15%
Riboflavin	6%
Niacin	8%
Folate	10%

Whole Grains: 18g whole grains/2oz serving
Grain/Bread Equivalents: 2.0

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

AIB International Food Labeling
 1213 Bakers Way, P.O. Box 3999, Manhattan, KS 66505-3999
 Phone: 785-537-4750 Fax: 785-706-0106

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One Hundred Gram Report

Nutrient	Values	Unit
Calories	196.22	kcal
Calories from Fat	10.00	kcal
Total Fat	1.11	g
Saturated Fat	0.24	g
Trans Fat	0.04	g
Polyunsaturated Fat	0.56	g
Monounsaturated Fat	0.28	g
Cholesterol	0.00	mg
Sodium	446.06	mg
Potassium	174.88	mg
Total Carbohydrates	43.23	g
Dietary Fiber	4.94	g
Sugars	2.39	g
Protein	7.35	g
Vitamin A	2.54	IU
Vitamin C	0.00	mg
Calcium	16.19	mg
Iron	2.54	mg
Thiamin	0.36	mg
Riboflavin	0.16	mg
Niacin	2.84	mg
Folate	66.96	mcg
Moisture	46.59	g
Ash	1.72	g

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