

Millie Ray's Cinnamon Roll
06/26/2017

Nutrition Facts	
12 servings per container	
Serving size	1 roll (40g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 120mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 17g Added Sugars	35%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 29mg	0%
<small>*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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Flour (bleached wheat flour, malted barley flour (improves yeast baking), niacin, iron, thiamin mononitrate, riboflavin, folic acid.), Powdered Sugar, Water, Brown Sugar, Margarine (vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added, whey), Sugar, Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Eggs, Shortening (partially hydrogenated soybean and cottonseed oils), Whole Milk, Ground Cinnamon, Salt, Vanilla Extract (Vanilla Bean Extractives in Water, Alcohol), Bakers Yeast.

Contains Egg, Milk, Soy,
Wheat.

Millie Ray's Orange Rolls

05/18/2017

Nutrition Facts	
12 servings per container	
Serving size	1 roll (32.73g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 14g Added Sugars	30%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	6%
Potassium 22mg	0%
<small>*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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Flour (bleached wheat flour, malted barley flour (improves yeast baking), niacin, iron, thiamin mononitrate, riboflavin, folic acid.), Powdered Sugar, Water, Sugar, Margarine (vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added, whey), Orange Juice, Eggs, Shortening (partially hydrogenated soybean and cottonseed oils), Salt, Yeast, Orange Peel.

Contains Milk, Soy,
Wheat.

Millie's Yeast Rolls

Nutrition Facts

Serving Size 1 serving (26.5g)
Servings Per Container 12



Amount Per Serving

Calories 90 **Calories from Fat** 35



% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 75mg **3%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 0g **0%**

 Sugars 3g

Protein 1g



Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 4%

* 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	

Ingredients: All Purpose Wheat Flour; Tap Water; White Granulated Sugar; Butter; Margarine; Egg; Shortening; Malted milk powder; Baker's Yeast; Table Salt

CONTAINS: WHEAT, EGG, MILK

Frozen Biscuit 2.2oz Puck (62g)

Nutrition Facts	
servings per container	
Serving size 1 Puck (2.2oz) (62g)	
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Amount per serving	
Calories	200
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	% Daily Value*
Total Fat 10g	13%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 730mg	32%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
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Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 58mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.2mg	15%
Niacin 3mg	20%
Folate 81mcg DFE	20%
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<small>*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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Buttermilk, Palm Oil, Contains 2% or less of the following: Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Salt, Sugar, Natural & Artificial Flavors.

Contains: Wheat, Milk