

Date: 10/5/2012

Time: 11:55 AM



Bread, Cinnamon Rolls

Hesston College

Author

Categories Bread, rolls

Tools Sheet pan half

Locations

Plate/Store

Yield 3 pan

Cook 15 minutes

Portion 4 oz

Num Portions 45

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 45

Amount Per Serving

Calories 349 Calories From Fat 34

% Daily Value

Total Fat 4g 6%

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 9mg 3%

Sodium 220mg 9%

Total Carbohydrates 74g 25%

Dietary Fiber 1g 6%

Protein 6g

Vitamin A 3% Vitamin C 1%

Calcium 4% Iron 13%

* Percent Daily Values are based on a 2000 calorie diet.