

Date: 1/18/2024

Time: 8:26 AM



bread, croissant individual

NAMA



Author

Categories Bread, Rozzelle 2009, Rozzelle Spring 2007

Tools

Locations

Plate/Store

Yield	1	ea	Prep
Portion	1	ea	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 1.00 ea	
Servings Per Container 1	
Amount Per Serving	
Calories 360	Calories From Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 6g	27%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 510mg	21%
Total Carbohydrates 58g	19%
Dietary Fiber 2g	9%
Sugars 8g	
Protein 10g	
Vitamin A 8%	Vitamin C 0%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Protein
Good Source of Carbohydrates