

Wheat, Gluten & Dairy Free Rolls



All Natural Ingredients

Our rolls use the right combination of rice, soy and imported tapioca flours to create a satisfying taste and texture. This combination of flours is what makes Gillian's different from the rest.

French

White rice flour, tapioca flour, water, soy flour, guar gum, egg whites, soy oil, yeast, salt, raw cane sugar.

Packed 12/22oz. per case

Carmelized Onion

White rice flour, tapioca flour, water, soy flour, onions, guar gum, egg whites, soy oil, raw cane sugar, yeast, salt.

Packed 12/22oz. per case

Cinnamon Raisin

White rice flour, tapioca flour, water, soy flour, cinnamon, raisins, guar gum, egg whites, soy oil, yeast, salt, raw cane sugar.

Packed 12/22oz. per case

Nutrition Facts

Serv Size 1/2 roll (56g)
Servings Per Container 12
Calories 130
Calories from Fat 35

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving % DV*

Total Fat 4g 6%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 2%

Amount/Serving % DV*

Total Carb. 20g 7%
Dietary Fiber 1g 4%
Sugars 1g
Protein 3g



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Total Fat 4g 6%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%

Amount/Serving % DV*

Total Carb. 20g 7%
Dietary Fiber 1g 4%
Sugars 1g
Protein 3g 2g



Nutrition Facts

Serv Size 1/2 roll (56g)
Servings Per Container 12
Calories 150
Calories from Fat 30

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving % DV*

Total Fat 3.5g 5%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 130mg 9%

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%

Amount/Serving % DV*

Total Carb. 24g 8%
Dietary Fiber 1g 4%
Sugars 7g
Protein 7g



Gillian's Foods
the finest in wheat & gluten free products

ALL NATURAL • NO PRESERVATIVES • KEEP FROZEN

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