

White Whole Wheat 3.5" Bun, 12 pk # 2134 V5

01/29/2016

Nutrition Facts

Serving Size 1 Bun (58g)
Servings Per Container 12

Amount Per Serving

Calories 140 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **3%**

 Saturated Fat 0g **1%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **11%**

Total Carbohydrate 27g **9%**

 Dietary Fiber 3g **10%**

 Sugars 3g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 10%

*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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, White Wheat Flour, Wheat Flour Enriched [(Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley, Ascorbic Acid], High Fructose Corn Syrup, Yeast, Contains 2% or less of each of the following: Soybean Oil, Salt, Calcium Propionate (A Preservative), Mono-Glyceride, DATEM, Enzymes, Ascorbic Acid, ADA. CONTAINS WHEAT