

# Nutrition Facts

Serving Size 1 Bun (28g/1oz)  
Servings Per Container 24

Calories 86  
Calories from Fat 13

Amount/Serving	% Daily Value*
<b>Total Fat</b> 1.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 137mg	<b>6%</b>
Vitamin A 0%	• Vitamin C 0%
Thiamine 9%	• Riboflavin 6%

Amount/Serving	% Daily Value*
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber Less than 1g	<b>3%</b>
Sugars 3g	
<b>Protein</b> 3g	
• Calcium 2%	• Iron 5%
• Niacin 6%	• Folic Acid 6%

\*Percent Daily Values are based on 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:** WHEAT FLOUR [ENRICHED WITH BARLEY MALT, IRON (FERROUS SULFATE) AND THE FOLLOWING B VITAMINS: NIACIN, VITAMIN B (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID], WATER, CORN SYRUP, FRESH YEAST SOYBEAN OIL, SALT, VINEGAR, DOUGH CONDITIONERS (VEGETABLE MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE, MAY CONTAIN SESAME SEEDS.

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