

# Nutrition Facts

Serving Size 1 Bun (67g)

Servings Per Container 12

**Calories** 140

Calories from Fat 20

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 2.5g	<b>4%</b>	<b>Total Carbohydrate</b> 26g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber Less than 1g	<b>3%</b>
<i>Trans</i> Fat 0g		Sugars 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 4g	
<b>Sodium</b> 220mg	<b>9%</b>		

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 8%  
Thiamine 15% • Riboflavin 10% • Niacin 10% • Folic Acid 10%

\*Percent Daily Values (DV) 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:** 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.

METROPOLITAN BAKING CO., 8579 LUMPKIN, DETROIT, MICHIGAN 48212 TEL: 313-875-7246