

Nutrition Facts

Serving Size 1 Bun
(78g/2.75oz)
Servings Per Container 8
Calories from Fat 34

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 4.3g	1%	Total Fat 45g	10%
Saturated Fat 0g	0%	Dietary Fiber less than 1g	2%
Trans Fat 0g	0%	Sugars 5g	10%
Sodium 0mg	0%	Total Carbohydrate 7g	14%
Total Phosphorus 380mg	10%		
Vitamin A 0% • Vitamin C 0% • Calcium 3% • Iron 14% Thiamine 26% • Riboflavin 17% • Niacin 17% • Folate 17%			

*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 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID], WATER, CORN SYRUP, FRESH YEAST, NONFAT DRYMILK, BUTTERMILK, SOYBEAN OIL, SALT, VINEGAR, DOUGH CONDITIONERS (VEGETABLE MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE, MAY CONTAIN SESAME SEEDS.

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