

Nutrition Facts

Serving Size 1 Bun (75.6g/2.7oz)
Servings Per Container 6

Calories 240
Calories from Fat 40

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 4g	6%	Total Carbohydrate 44g	14%
Saturated Fat 0g	0%	Dietary Fiber Less than 1g	6%
Trans Fat 0g		Sugars 6g	
Cholesterol 0mg	0%	Protein 8g	
Sodium 360mg	16%		

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 12%
Thiamin 30% • Riboflavin 16% • Niacin 20% • Folic Acid 20%

*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, AND THE FOLLOWING "B" VITAMINS: NIACIN, THIAMIN (B1), RIBOFLAVIN (B2), FOLIC ACID], WATER, CORN SYRUP, FRESH YEAST, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (VEGETABLE MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE.

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