

QUARTER BUN (Double Cut)

Nutrition Facts			
Serving Size 1 Bun 2.1 oz (61g)			
Servings Per Container			
Amount Per Serving			
Calories 160	Calories from Fat 15		
% Daily Value*			
Total Fat 2g	3%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 280mg	12%		
Total Carbohydrate 30g	10%		
Dietary Fiber 1g	4%		
Sugars 5g			
Protein 5g			
Vitamin A 0% • Vitamin C 0%			
Calcium 15% • Iron 8%			
*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	300 mg
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: Enriched Bleached Wheat Flour (Wheat flour, malted barley flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, and folic acid), Water, High Fructose Corn Syrup, Cream Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Protease (Active enzyme), Dough Strengthener (Calcium sulfate, sodium stearoyl lactylate, guar gum, azodicarbonamide, ascorbic acid and enzymes), Calcium Sulfate, Dough Improver and Softener (Water, monoglycerides, and DATEM), Sodium Propionate (a preservative) and Sesame Seeds.

Contains Wheat, Sesame Seeds.

Quarter Bun

Nutrient	Per <u>100g</u>	Nutrient	Per <u>100g</u>
<u>Basic Components</u>		Vitamin B1 - Thiamin (mg)	0.46
Calories (kcal)	256.35	Vitamin B2 - Riboflavin (mg)	0.29
Calories from Fat (kcal)	28.48	Vitamin B3 - Niacin (mg)	4.29
Calories from SatFat (kcal)	5.04	Vitamin B6 (mg)	0.02
Fat (g)	3.16	Folate (mcg)	102.83
Saturated Fat (g)	0.56	Vitamin B12 (mcg)	0
Trans Fatty Acid (g)	0.03	Biotin (mcg)	0
Poly Fat (g)	1.19	Pantothenic Acid (mg)	0.25
Mono Fat (g)	0.47	<u>Minerals</u>	
Cholesterol (mg)	0	Sodium (mg)	463.92
Carbohydrates (g)	48.89	Potassium (mg)	66.06
Dietary Fiber (g)	1.46	Calcium (mg)	217.84
Soluble Fiber (g)	0	Iron (mg)	2.51
Insoluble Fiber (g)	0	Phosphorus (mg)	57.48
Total Sugars (g)	7.95	Magnesium (mg)	14.43
Other Carbs (g)	0.14	Zinc (mg)	0.48
Protein (g)	7.44	Iodine (mcg)	1.12
<u>Vitamins</u>		Copper (mg)	0.10
Vitamin A - IU (IU)	3.17	Saturated Fats	
Vitamin C (mg)	0.94	18:0 - Stearic (g)	0.01
Vitamin D - IU (IU)	0	Other Nutrients	
Vitamin E - IU (IU)	0	Sugar Alcohol (g)	0