

REGULAR BUN

| Nutrition Facts | | | |
|--|----------------------|---------|---------|
| Serving Size 1 Bun 1.8 oz (52g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 130 | Calories from Fat 15 | | |
| % Daily Value* | | | |
| Total Fat 1.5g | 2% | | |
| Saturated Fat 0g | 0% | | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | | |
| Sodium 240mg | 10% | | |
| Total Carbohydrate 25g | 8% | | |
| Dietary Fiber 1g | 4% | | |
| Sugars 4g | | | |
| Protein 4g | | | |
| Vitamin A 0% • Vitamin C 0% | | | |
| Calcium 10% • 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, 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 Dough Softner (Water, monoglycerides, and DATEM), Sodium Propionate (a preservative).

Contains Wheat.

Regular Bun

| Nutrient | Per <u>100g</u> | Nutrient | Per <u>100g</u> |
|-----------------------------|-----------------|------------------------------|-----------------|
| <u>Basic Components</u> | | Vitamin B1 - Thiamin (mg) | 0.46 |
| Calories (kcal) | 255.94 | Vitamin B2 - Riboflavin (mg) | 0.29 |
| Calories from Fat (kcal) | 28.43 | Vitamin B3 - Niacin (mg) | 4.28 |
| Calories from SatFat (kcal) | 5.03 | Vitamin B6 (mg) | 0.02 |
| Fat (g) | 3.16 | Folate (mcg) | 102.60 |
| Saturated Fat (g) | 0.56 | Vitamin B12 (mcg) | 0 |
| Trans Fatty Acid (g) | 0.03 | Biotin (mcg) | 0 |
| Poly Fat (g) | 1.18 | Pantothenic Acid (mg) | 0.25 |
| Mono Fat (g) | 0.47 | <u>Minerals</u> | |
| Cholesterol (mg) | 0 | Sodium (mg) | 462.91 |
| Carbohydrates (g) | 48.80 | Potassium (mg) | 66.78 |
| Dietary Fiber (g) | 1.47 | Calcium (mg) | 217.43 |
| Soluble Fiber (g) | 0 | Iron (mg) | 2.50 |
| Insoluble Fiber (g) | 0 | Phosphorus (mg) | 57.35 |
| Total Sugars (g) | 7.93 | Magnesium (mg) | 14.39 |
| Other Carbs (g) | 0.14 | Zinc (mg) | 0.48 |
| Protein (g) | 7.45 | Iodine (mcg) | 1.12 |
| Vitamins | | Copper (mg) | 0.10 |
| Vitamin A - IU (IU) | 3.16 | Saturated Fats | |
| Vitamin C (mg) | 0.93 | 18:0 - Stearic (g) | 0.01 |
| Vitamin D - IU (IU) | 0 | Other Nutrients | |
| Vitamin E - IU (IU) | 0 | Sugar Alcohol (g) | 0 |