



8 Wheat
Hamburger
Buns

made with
Honey

Nutrition Facts

Serving Size 1 Bun (53g)

Serving Per Container 8

Amount Per Serving

Calories 130 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 25g **8%**

Dietary Fiber 1g **5%**

Sugars 3g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

Thiamin 15% • Riboflavin 6%

Niacin 8% • Folate 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending upon your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID (VITAMIN C) ADDED AS A DOUGH CONDITIONER, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, STONEGROUND WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL. CONTAINS 2% OR LESS OF WHEAT GLUTEN, HONEY, YEAST, SALT, CORNSTARCH, SODIUM STEAROYL LACTYLATE, AMMONIUM SULFATE, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, HIGH OLEIC CANOLA OIL, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACID, MICROCRYSTALLINE CELLULOSE, MONOCALCIUM PHOSPHATE, CALCIUM CARBONATE, ASCORBIC ACID (DOUGH CONDITIONER), ENZYMES, SOY LECITHIN.

CONTAINS: WHEAT AND SOY.

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