



## Nutrition Facts

8 servings per container  
Serving size **1 bun (50g)**

Amount per serving  
**Calories 130**

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 1.4mg	<b>8%</b>
Potassium 110mg	<b>2%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, VITAL WHEAT GLUTEN, BROWN SUGAR, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DODECAHEDRONS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONO- AND DIGLYCERIDES, DISTILLED MONOGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ENZYMES, ASCORBIC ACID), SOYBEAN OIL, VINEGAR, SALT, CULTURED WHEAT FLOUR, WHEAT STARCH, SOY LECITHIN. CONTAINS WHEAT AND SOY.

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