



Nutrition Facts

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

Amount per serving
Calories 130

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

* 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: DOLCIFICONS (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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