

Nutrition Facts

Serving Size 1 Bun (50g/1.8oz)

Servings Per Container 8

Amount Per Serving

Calories 100 Calories from Fat 15

%Daily Value *

Total Fat 2g **3%**

Saturated Fat .5g **3%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **9%**

Total Carbohydrate 21g **7%**

Dietary Fiber 5g **20%**

Sugars 2g

Protein 5g

Vitamin A	0%	Vitamin C	0%
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Calcium	25%	Iron	15%
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Thiamin	20%	Riboflavin	20%
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Niacin	15%	Folic Acid	10%
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* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g