

8-1-14

Whole Grain White Hamburger 2.05 oz



7506

Nutrition Facts	
Serving Size 1 Bun 2.05 oz (58g)	
Servings Per Container 12	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	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 300mg
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: Whole Grain Wheat Flour, Water, Enriched Wheat Flour, (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Honey, Wheat Starch, Calcium Stearate (caking agent), Soybean Oil, Salt, Improver (Monoglycerides and less than 2% of each of the following: Preservatives (Propionic Acid, Phosphoric Acid)), Calcium Propionate, Diacetyl Tartaric Acid Esthers of Mono-Diglycerides, Enzymes, Ascorbic Acid (Vitamin C), and 2% of Less of each of the Following: Malted Wheat Flour, Calcium Sulfate.

Contains Soy, Wheat.

This Product was made in a Peanut and Tree Nut Free Facility

Rockland Bakery Inc.
 94 Demarest Mill Rd. Nanuet, NY 10954
 PHONES: (845) 623-5800 FAX: (845) 623-6921