

8-10-12

## Whole Grain Wheat Hamburger Bun 2oz

<b>Nutrition Facts</b>	
Serving Size 1 Bun 2 oz (57g)	
Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 4g	
Vitamin A 0%	• Vitamin C 6%
Calcium 8%	• 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 Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Soybean Oil, Salt, Wheat Gluten, Monoglycerides (with Propionic Acid and Phosphoric Acid added as Preservatives), Calcium Propionate, Calcium Stearoyl Lactylate [CSL], Sodium Stearoyl Lactylate, Calcium Sulfate, Vinegar, Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Ascorbic Acid, Enzymes [Wheat], Azodicarbonamide (ADA), L-Cysteine Hydrochloride, Calcium Peroxide.

Contains Wheat.

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

**Rockland Bakery Inc.**

94 Demarest Mill Rd. Nanuet, NY 10954  
Phone: (845) 623-5800 Fax: (845) 623-6921