CARAVAN INGREDIENTS

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Whole Wheat Hamburger Bun - Pechter's 07.17.09

5536

Nutrition Facts

Serving Size 1 Bun (52g)
Servings Per Container 12

Amount Per Serving

Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 6g	

Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 8%
Thiamin 10%	• Riboflavin 8%
Niacin 10%	• Folate 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

1.75 oz eq. grains

Ingredients

WATER, WHOLE WHEAT FLOUR, UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF: YEAST, SALT, SOYBEAN OIL, HYDRATED MONOGLYCERIDES, WHEAT FLOUR, CALCIUM PROPIONATE [FOR FRESHNESS], CALCIUM STEAROYL LACTYLATE (CSL), CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, ENZYMES, ASCORBIC ACID, AZODICARBONAMIDE (ADA), L-CYSTEINE HYDROCHLORIDE, CALCIUM PEROXIDE

CONTAINS WHEAT

This product was baked in a facility that uses SESAME SEEDS

Notes

The information listed above has been compiled from publications of the USDA and from data provided by Caravan's suppliers. To estimate the nutritional composition of a final baked product, composition information for ALL ingredients is required.