

Freund Baking Company

Product: 50% Whole Grain 4 inch Wheat hamburger Bun, 2.07 oz/12 pack

Freund Code: #2173

Gold Star: # 600052

Bread Oz Equivalents: 2.0

Nutrition Facts	
Serving Size (59g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 6g	
Vitamin A 0%	Vitamin C 20%
Calcium 6%	Iron 10%
*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, Enriched Wheat Flour (Flour, Malted barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Canola oil, Yeast, Wheat Gluten, Salt, Emulsifier, Enzymes, Calcium Propionate, Monoglyceride, Calcium Carbonate.

Allergens: Wheat

I certify this information is true and correct:

RD Egn

7.27.12