

Nutrition Facts

Serving Size 1 Bun (53g/1.9oz)

Servings Per Container 8

Amount Per Serving

Calories 110

Calories from Fat 15

%Daily Value *

Total Fat 1.5g

3%

Saturated Fat 1g

4%

Trans Fat 0g

Polyunsaturated Fat .5g

Monounsaturated Fat 0g

Cholesterol 0mg

0%

Sodium 240mg

10%

Total Carbohydrate 23g

8%

Dietary Fiber 4g

14%

Sugars 0g

Maltitol 2g

Protein 6g

Vitamin A	0%	*	Vitamin C	0%
Calcium	4%	*	Iron	6%
Thiamin	10%	*	Riboflavin	6%
Niacin	10%	*	Folic Acid	4%

* 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
Dietary Fiber		25g	30g