

DOUBLE FIBER WHEAT BUNS

Nutrition Facts

Serving Size 1 Bun (39g/1.4oz)

Servings Per Container 8

Amount Per Serving

Calories 80 Calories from Fat 15

%Daily Value *

Total Fat 1.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 15g **5%**

Dietary Fiber 5g **20%**

Sugars 2g

Protein 6g

Vitamin A 0% Vitamin C 0%

Calcium 15% 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g