HONEY WHEAT HOT DOG ROLLS

Nutrition Facts

Serving Size 1 Bun (39 g/ 1.4oz)
Servings Per Container 8

Amount Per Serving

Calories 100	Calories from Fat 10

	%Daily Value *
Total Fat 1g	**2%**
Saturated Fat .5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 19g	**6%**
Dietary Fiber Less than 1g	**3%**
Sugars 2g	
Protein 5g	

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