

BREAD NUTRITIONAL INFORMATION

HONEY WHEAT

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 0g		0g	1%	Total Carbohydrate 24g	8%	
Saturated Fat 0g		0g	0%	Dietary Fiber 4g	15%	
Trans Fat 0g		0g	0%	Sugars 6g		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
Cholesterol 0mg		0mg	0%	Protein 5g		
Sodium 95mg		95mg	4%	Calcium 0%	• Iron 0%	
Vitamin A 0%		• Vitamin C 0%				

Serving Size 1 Slice
2oz (56g)
Servings Per Container About 18
Calories 120
Calories from Fat 5

INGREDIENTS: Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt.

CONTAINS: WHEAT

HARVEST WHITE

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 0g		0g	0%	Total Carbohydrate 28g	9%	
Saturated Fat 0g		0g	0%	Dietary Fiber 1g	4%	
Trans Fat 0g		0g	0%	Sugars 5g		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
Cholesterol 0mg		0mg	0%	Protein 4g		
Sodium 320mg		320mg	13%	Calcium 0%	• Iron 8%	
Vitamin A 0%		• Vitamin C 0%				

Serving Size 1 Slice
2oz (56g)
Servings Per Container About 16
Calories 130
Calories from Fat 5

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Egg White Wash.

CONTAINS: WHEAT AND EGG

DAKOTA

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 2g		2g	3%	Total Carbohydrate 12g	4%	
Saturated Fat 0g		0g	1%	Dietary Fiber 2g	7%	
Trans Fat 0g		0g	0%	Sugars 3g		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
Cholesterol 0mg		0mg	0%	Protein 3g		
Sodium 150mg		150mg	6%	Calcium 0%	• Iron 2%	
Vitamin A 0%		• Vitamin C 0%				

Serving Size 1 Slice
2oz (56g)
Servings Per Container About 18
Calories 80
Calories from Fat 15

INGREDIENTS: Water, Fresh Ground 100% Whole Wheat Flour, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast and Salt.

CONTAINS: WHEAT

9-GRAIN

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 0.5g		0.5g	1%	Total Carbohydrate 25g	8%	
Saturated Fat 0g		0g	0%	Dietary Fiber 4g	16%	
Trans Fat 0g		0g	0%	Sugars 5g		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
Cholesterol 0mg		0mg	0%	Protein 5g		
Sodium 250mg		250mg	11%	Calcium 0%	• Iron 2%	
Vitamin A 0%		• Vitamin C 0%				

Serving Size 1 Slice
2oz (56g)
Servings Per Container About 18
Calories 130
Calories from Fat 5

INGREDIENTS: Fresh Ground 100% Whole Wheat Flour, Water, Honey, 9 Grain Mix (whole wheat, spring wheat, white wheat, corn grits, barley grits, steel cut oats, cracked rye, flax seed and millet), Yeast and Salt.

CONTAINS: WHEAT

FLAX OAT BRAN

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size 1 Slice 2oz (56g) Servings Per Container About 18 Calories 120 Calories from Fat 15		Total Fat 2g	3%	Total Carbohydrate 23g	8%
		Saturated Fat 0g	0%	Dietary Fiber 4g	16%
		Trans Fat 0g		Sugars 7g	
		Cholesterol 0mg	0%	Protein 5g	
		Sodium 170mg	7%		
		Vitamin A 0% • Vitamin C 0%		Calcium 2% • Iron 2%	

*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: Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Flax Meal, Yeast, Rolled Oats, Flax Seeds and Salt.

CONTAINS: WHEAT

APPLE CRUNCH

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size 1 Slice 2oz (56g) Servings Per Container About 15 Calories 160 Calories from Fat 35		Total Fat 4g	6%	Total Carbohydrate 29g	10%
		Saturated Fat 2.5g	13%	Dietary Fiber 1g	4%
		Trans Fat 0g		Sugars 13g	
		Cholesterol 20mg	7%	Protein 3g	
		Sodium 95mg	4%		
		Vitamin A 2% • Vitamin C 0%		Calcium 2% • Iron 6%	

*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: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Brown Sugar, Granny Smith Apples, Applesauce (apples and water), Butter (cream and salt), Honey, Water, Eggs, Yeast, Cinnamon, Natural Vanilla Flavoring, Salt and Nutmeg.

CONTAINS: WHEAT, MILK AND EGG

CINNAMON CHIP (WHOLE WHEAT)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size 1 Slice 2oz (56g) Servings Per Container About 16 Calories 160 Calories from Fat 30		Total Fat 3g	5%	Total Carbohydrate 28g	9%
		Saturated Fat 0.5g	3%	Dietary Fiber 3g	12%
		Trans Fat 0g		Sugars 9g	
		Cholesterol 0mg	0%	Protein 5g	
		Sodium 80mg	3%		
		Vitamin A 0% • Vitamin C 0%		Calcium 0% • Iron 2%	

*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: Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Honey, Yeast, Salt, and Egg White Wash.

CONTAINS: WHEAT, MILK, SOY AND EGG

CINNAMON CHIP (WHITE)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size 1 Slice 2oz (56g) Servings Per Container About 15 Calories 160 Calories from Fat 25		Total Fat 3g	4%	Total Carbohydrate 30g	10%
		Saturated Fat 0.5g	4%	Dietary Fiber 1g	4%
		Trans Fat 0g		Sugars 9g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 80mg	3%		
		Vitamin A 0% • Vitamin C 0%		Calcium 2% • 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
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: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Cinnamon Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Honey, Yeast, Eggs and Salt.

CONTAINS: WHEAT, MILK, SOY AND EGG

3-CHEESE GARLIC

Nutrition Facts		Nutrition Facts		*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
Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
Total Fat 3.5g	5%	Total Carbohydrate 24g	8%	Total Fat Less than 65g 80g
Saturated Fat 2g	10%	Dietary Fiber 1g	4%	Saturated Fat Less than 20g 25g
Trans Fat 0g		Sugars 4g		Cholesterol Less than 300mg 300mg
Cholesterol 10mg	3%	Protein 6g		Sodium Less than 2,400mg 2,400mg
Sodium 140mg	6%			Total Carbohydrate 300g 375g
Vitamin A 2% • Vitamin C 0%		Calcium 8% • Iron 6%		Dietary Fiber 25g 30g
Calories 150 Calories from Fat 30				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes), Honey, Swiss Cheese (part skim milk, cheese cultures, salt and enzymes), Romano Cheese (cows milk, pasteurized part-skim milk, cheese cultures, salt and enzymes), Yeast, Eggs, Dried Onion, Salt, Garlic and Parsley.

CONTAINS: WHEAT, MILK AND EGG

ROSEMARY ROASTED GARLIC

Nutrition Facts		Nutrition Facts		*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
Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
Total Fat 0g	0%	Total Carbohydrate 26g	9%	Total Fat Less than 65g 80g
Saturated Fat 0g	0%	Dietary Fiber 1g	4%	Saturated Fat Less than 20g 25g
Trans Fat 0g		Sugars 6g		Cholesterol Less than 300mg 300mg
Cholesterol 5mg	2%	Protein 3g		Sodium Less than 2,400mg 2,400mg
Sodium 170mg	7%			Total Carbohydrate 300g 375g
Vitamin A 2% • Vitamin C 2%		Calcium 2% • Iron 8%		Dietary Fiber 25g 30g
Calories 120 Calories from Fat 5				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Honey, Yeast, Garlic, Salt, Rosemary and Parsley, Egg White Wash.

CONTAINS: WHEAT AND EGG

PARMESAN BASIL

Nutrition Facts		Nutrition Facts		*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
Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
Total Fat 1g	2%	Total Carbohydrate 28g	9%	Total Fat Less than 65g 80g
Saturated Fat 0.5g	3%	Dietary Fiber 2g	8%	Saturated Fat Less than 20g 25g
Trans Fat 0g		Sugars 4g		Cholesterol Less than 300mg 300mg
Cholesterol 5mg	2%	Protein 5g		Sodium Less than 2,400mg 2,400mg
Sodium 390mg	16%			Total Carbohydrate 300g 375g
Vitamin A 0% • Vitamin C 0%		Calcium 4% • Iron 8%		Dietary Fiber 25g 30g
Calories 140 Calories from Fat 10				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Romano Cheese (cows milk, pasteurized part-skim milk, cheese cultures, salt and enzymes), Yeast, Parmesan Cheese (pasteurized milk, cheese cultures, salt, enzymes, rice flour added to prevent caking, natamycin (natural mold inhibitor)), Salt, Basil and Dried Garlic, Egg White Wash.

CONTAINS: WHEAT, MILK AND EGG

ASIAGO PESTO

Nutrition Facts		Nutrition Facts		*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
Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
Total Fat 5g	8%	Total Carbohydrate 23g	8%	Total Fat Less than 65g 80g
Saturated Fat 2g	10%	Dietary Fiber 1g	4%	Saturated Fat Less than 20g 25g
Trans Fat 0g		Sugars 2g		Cholesterol Less than 300mg 300mg
Cholesterol 10mg	3%	Protein 5g		Sodium Less than 2,400mg 2,400mg
Sodium 400mg	17%			Total Carbohydrate 300g 375g
Vitamin A 2% • Vitamin C 0%		Calcium 8% • Iron 8%		Dietary Fiber 25g 30g
Calories 160 Calories from Fat 50				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Asiago Cheese, Pesto Sauce (canola oil, water, Parmesan (pasteurized part-skim milk, cheese culture, salt and enzymes), granulated garlic and salt), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic and Dried Onion.

CONTAINS: WHEAT, MILK AND EGG

SPINACH FETA

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 2g			3%	Total Carbohydrate 25g	8%	
Saturated Fat 1g			5%	Dietary Fiber 2g	8%	Saturated Fat Less than 20g 25g
Trans Fat 0g				Sugars 4g		Cholesterol Less than 300mg 300mg
Cholesterol 5mg			2%	Protein 5g		Sodium Less than 2,400mg 2,400mg
Sodium 210mg			9%			Total Carbohydrate 300g 375g
Vitamin A 15% • Vitamin C 0%				Calcium 6% • Iron 8%		Dietary Fiber 25g 30g
Calories 140 Calories from Fat 20						Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Feta Cheese (pasteurized milk, cheese cultures, salt, enzymes), Spinach, Honey, Yeast, Salt, Dried Garlic, Oregano and Black Pepper.
CONTAINS: WHEAT AND MILK

CORN BREAD

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 4.5g			7%	Total Carbohydrate 30g	10%	
Saturated Fat 2.5g			13%	Dietary Fiber 1g	4%	Saturated Fat Less than 20g 25g
Trans Fat 0g				Sugars 5g		Cholesterol Less than 300mg 300mg
Cholesterol 10mg			3%	Protein 3g		Sodium Less than 2,400mg 2,400mg
Sodium 180mg			8%			Total Carbohydrate 300g 375g
Vitamin A 2% • Vitamin C 0%				Calcium 0% • Iron 6%		Dietary Fiber 25g 30g
Calories 170 Calories from Fat 40						Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Cornmeal, Water, Honey, Butter (cream and salt), Yeast and Salt.
COTNAINS: WHEAT AND MILK

JALEPEÑO CHEDDAR CORNBREAD

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 5g			8%	Total Carbohydrate 26g	9%	
Saturated Fat 3g			15%	Dietary Fiber 1g	4%	Saturated Fat Less than 20g 25g
Trans Fat 0g				Sugars 4g		Cholesterol Less than 300mg 300mg
Cholesterol 15mg			5%	Protein 4g		Sodium Less than 2,400mg 2,400mg
Sodium 190mg			8%			Total Carbohydrate 300g 375g
Vitamin A 4% • Vitamin C 4%				Calcium 4% • Iron 6%		Dietary Fiber 25g 30g
Calories 170 Calories from Fat 45						Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Cornmeal, Water, Honey, Butter (cream and salt), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Jalapenos (jalepeños, water, vinegar, salt, sugar, spices, calcium chloride), Red Peppers (roasted red peppers, water, salt, citric acid), Yeast and Salt.
COTNAINS: WHEAT AND MILK

SPELT

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 1.5g			2%	Total Carbohydrate 32g	11%	
Saturated Fat 0g			0%	Dietary Fiber 3g	12%	Saturated Fat Less than 20g 25g
Trans Fat 0g				Sugars 5g		Cholesterol Less than 300mg 300mg
Cholesterol 0mg			0%	Protein 6g		Sodium Less than 2,400mg 2,400mg
Sodium 160mg			7%			Total Carbohydrate 300g 375g
Vitamin A 0% • Vitamin C 0%				Calcium 0% • Iron 8%		Dietary Fiber 25g 30g
Calories 150 Calories from Fat 10						Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Spelt Flour, Water, Honey, Yeast and Salt.
CONTAINS: WHEAT

BREAKFAST BLAST

Nutrition Facts

Serving Size 1 Slice
2oz (56g)
Servings Per Container
About 18
Calories 160
Calories from Fat 25

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 2.5g	4%	Total Carbohydrate 30g	10%
Saturated Fat 0g	2%	Dietary Fiber 3g	13%
Trans Fat 0g		Sugars 10g	
Cholesterol 0mg	0%	Protein 5g	
Sodium 210mg	9%		
Vitamin A 2%	Vitamin C 0%	Calcium 0%	Iron 2%

*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: Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (sugar, palm oil, cinnamon, non-fat dry milk and soy lecithin), Honey, Raisins, Dates, Dried Apricots (apricots and sulfur), Yeast, Sunflower Seeds, Salt and Rolled Oats.
CONTAINS: WHEAT, MILK AND SOY

CRANBERRY HIGH FIBER

Nutrition Facts

Serving Size 1 Slice
2oz (56g)
Servings Per Container
About 18
Calories 130
Calories from Fat 30

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 3.5g	5%	Total Carbohydrate 22g	7%
Saturated Fat 0g	0%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 10g	
Cholesterol 0mg	0%	Protein 4g	
Sodium 320mg	13%		
Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 6%

*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: Water, Fresh Ground 100% Whole Wheat Flour, Dried Cranberries, Honey, Flax Seeds, Millet, Oat Bran, Wheat Bran, Yeast, Sunflower Seeds, Salt.
CONTAINS: WHEAT

CHALLAH

Nutrition Facts

Serving Size 1 Slice
2oz (56g)
Servings Per Container
About 12
Calories 120
Calories from Fat 10

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 1g	2%	Total Carbohydrate 25g	8%
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 7g	
Cholesterol 30mg	10%	Protein 4g	
Sodium 270mg	11%		
Vitamin A 0%	Vitamin C 0%	Calcium 0%	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
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: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Honey, Eggs, Yeast and Salt.
CONTAINS: WHEAT AND EGG

BURGER BUNS

Nutrition Facts

Serving Size 1 Bun
3.5oz (99g)
Servings Per Container
6
Calories 230
Calories from Fat 20

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 2g	3%	Total Carbohydrate 45g	15%
Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 7g	
Cholesterol 35mg	12%	Protein 9g	
Sodium 430mg	18%		
Vitamin A 0%	Vitamin C 0%	Calcium 2%	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: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Golden Fresh Ground 100% Whole Wheat Flour, Eggs, Honey, Yeast, Sesame Seeds, Salt and Dried Onion.
CONTAINS: WHEAT AND EGG