



## Kaiser Poppy

<b>Nutrition Facts</b>	
Serving Size 1 bun (103g)	
Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories 310</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 340mg</b>	<b>14%</b>
<b>Total Carbohydrate 50g</b>	<b>17%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8g	
<b>Protein 9g</b>	
Vitamin A 15%	• Vitamin C 0%
Calcium 15%	• Iron 15%
*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 BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, POTASSIUM BROMATE), WATER, SUGAR, WHEY, DEXTROSE, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN & COTTONSEED OIL), SOY FLOUR, POPPY SEEDS, SALT, MONO & DIGLYCERIDES, EGG, YEAST, SOYBEAN OIL, MAY CONTAIN 2 % OR LESS OF: SODIUM STEAROYLE LACTOLATE, FOOD STARCH, AMMONIUM, DIACETYL TARTARIC ACID ESTERS OF MONO & DIGLYCERIDES (DATEM), L. CYSTEIN, VINEGAR, CALCIUM PROPIONATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE (PRESERVATIVES), ASCORBIC ACID, AZODICARBONAMIDE, ENZYMES.

Contains Egg, Milk, Soy, Wheat.  
 Manufactured in a Facility that Processes  
 Peanuts and Tree Nuts.

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