



Kaiser Rye

Nutrition Facts	
Serving Size 1 bun (99g)	
Servings Per Container 12	
Amount Per Serving	
Calories 230	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 8g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• 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 WHEAT FLOUR, (ENRICHED WITH NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN AND PALM OIL, MONO & DIGLYCERIDES, MILK, VITAL WHEAT GLUTEN, SUGAR, VINEGAR, DIACETYL TARTARIC ACID ESTERS OF MONO & DIGLYCERIDES (DATEM), CALCIUM SULFATE, SOY OIL, POTASSIUM BROMATE, ASCORBIC ACID, CITRIC ACID, L. CYSTEIN, AZODICARBONAMIDE, CALCIUM PROPIONATE, CARAWAY SEEDS, AND CARMEL COLOR.

French Dough Contains: Milk and Wheat.
Produced in a Facility that Manufactures Egg,
Soy, Peanuts and Tree Nuts.

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