



Kaiser Wheat Bun

Nutrition Facts	
Serving Size 1 bun (85g)	
Servings Per Container 12	
Amount Per Serving	
Calories 200	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• 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: WHEAT FLOUR, {WHOLE WHEAT FLOUR AND ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)}, WATER, SUGAR, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL SHORTENING {(MAY CONTIAN ONE OR MORE OF THE FOLLOWING: PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED, OR PALM OIL) MONO & DIGLYCERIDES, CITRIC ACID}, SALT, POTATO FLOUR, VITAL WHEAT GLUTEN, VINEGAR, CALCIUM PROPIONATE, POTASSIUM BROMATE, CALCIUM SULFATE, (PRESERVATIVES), DATEM, SOY OIL, ASCORBIC ACID, L. CYSTEIN, ENZYMES.

Potato Wheat Contains Soy and Wheat.
 Processed in a Facility that Manufactures Egg,
 Milk, Peanuts and Tree Nuts.

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