

16 WHEAT HAMBURGER BUNS

Nutrition Facts	
Serving Size 1 bun (53g)	
Servings Per Container 16	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 8%	
Thiamin 10% • Riboflavin 6%	
Niacin 8% • Folic Acid 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
Sat. 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

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, SOYBEAN OIL, MOLASSES, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, GRAIN VINEGAR, MONOCALCIUM PHOSPHATE, DATEM, SOY LECITHIN, SOY FLOUR.

CHAS. FREIHOFFER BAKING CO., INC.
 HORSHAM, PA 19044
www.freihofers.com
 1-800-984-0989
 ©2007. All rights reserved.
 CT LIC. 9298 FR5-5198-02 R7130

