



Nutritional Information for BUN HAMB SLCD WHEAT WHL 4" 10-12 GFS

Product Number:	517810
Description:	AP Bun, Hamburger, 100% Whole Wheat, 4",

Nutritional Information		
Serving Size 1 each (57 g)		
Amount Per Serving		
Calories 140		Calories from Fat 18
% Daily Value		
Total Fat	2 g	3%
Saturated Fat	.5 g	3%
Trans Fat	0 g	
PolyUnSat	1 g	n/a
MonoUnSat	0 g	n/a
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	80 mg	2%
Total Carbs	27 g	9%
Dietary Fiber	5 g	20%
Sugars	4 g	n/a
Protein	6 g	12%
Vitamin A -	0%	Vitamin C - 0%
Calcium -	4%	Iron - 8%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

Water Soluble Vitamins		Minerals	
Thiamin B1	.225 mg	Phosphorus	n/a
Riboflavin B2	.068 mg	Zinc	n/a
Niacin B3	2 mg	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	40 mg
Vitamin C	0 mg	Iron	1.44 mg
Folic Acid	80 mcg	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
1 Each		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	0.00 oz		
Grain/Bread	2.00 oz eq		
Fruit	0.00 cup		
Vegetable:			
Red/Orange	0.00 cup		
Dark Green	0.00 cup		
Starchy	0.00 cup		
Beans/Peas	0.00 cup		
Other	0.00 cup		
Notes:			
Provides 1.75 oz eq grain based on flour content			

Ingredients:

Whole grain wheat flour, water, high fructose corn syrup, yeast, wheat gluten, modified wheat starch, honey, wheat dextrin, soybean oil, molasses, salt, monoglycerides, potassium chloride, sodium gluconate, sodium stearyl lactylate, calcium propionate (a preservative), wheat starch, ethoxylated mono- and diglycerides, vinegar, calcium sulfate, citric acid, ascorbic acid. **COMMON ALLERGENS PRESENT: Wheat.** Nutrition and Ingredient statement updated April 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.