



### Flowers Foods Specialty

## 207119 - Bun Multi\*Grain Slc 4.5" S/O

4.5" bun is a big bun to meet any sandwich need. Sweet, wheaty multigrain dough is a nice alternative to white buns. Fully baked. Thaw and serve.



### Nutrition Facts

Serving Size: 85

Number of Servings per 72

#### Amount Per Serving

Calories: 220      Calories from Fat: 10

#### % Daily Value\*

<b>Total Fat</b>	1.5 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	440 mg	18%
<b>Total Carbohydrate</b>	45 g	15%
Dietary Fiber	3 g	13%
Sugars	8 g	%
<b>Protein</b>	10 g	%

<b>Vitamin A</b>	Per Srv 0%	<b>Vitamin C</b>	Per Srv 0%
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**Calcium** 15%      **Iron** 20%

\*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			
Calories per gram			
Fat			
Carbohydrate			
Protein			

### \* Benefits

### Ingredients

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, WHEAT BRAN, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR CANE SYRUP, SALT, ROLLED WHOLE WHEAT, RYE MEAL, MONOCALCIUM PHOSPHATE, SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, POLYSORBATE 60, HONEY, AMMONIUM SULFATE, MONOGLYCERIDES, MOLASSES, ENZYMES, CALCIUM SULFATE, CALCIUM PEROXIDE, AZODICARBONAMIDE, CALCIUM PROPIONATE (TO RETARD SPOILAGE)

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

Keep frozen until ready to use. Thaw overnight at room temperature. Shelf life at room temperature - 5-7 days.

### Serving Suggestions

Grilled chicken, BBQ or burger work on this 4.5" multigrain round bun.

### Prep & Cooking Suggestions

Product is fully baked. Thaw overnight and serve.

### Product Specifications

Brand	Manufacturer	Product Category
FLOWERS	Flowers Foods Specialty	Buns & Rolls

MFG #	SPC #	GTIN	Pack	Pack Desc.
40010960	207119	10075361023101	6	72/3 OZ

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
16.65 lb	13.86 lb	No	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
27 in	14 in	9 in	1.97 ft3	5x8	0 DAYS	0°F / 32°F



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## Nutrition Analysis

Calories	220 kcal	Total Fat	1.5 g	Sodium	440 mg
Protein	10 g	Trans Fats	0 g	Calcium	
Total Carbohydrates...	45 g	Saturated Fat	0.5 g	Iron	
Sugars	8 g	Polyunsaturated Fat		Potassium	
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	0 mg	Phosphorus	
Sucrose					
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

## Additional Images

