



FLOWERS

208586 - Bun Ancient Grain Sliced 4.25 Inch

4.25" ANCIENT GRAIN BUN



Nutrition Facts

Servings per Container 12
Serving size 1 ROLL (73g)

Amount per serving
Calories 200

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 2g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 350mg | 15% |
| Total Carbohydrate 39g | 14% |
| Dietary Fiber 1g | 4% |
| Total Sugars 6g | |
| Includes Added Sugar | % |
| Protein 7g | |
| Vitamin D | % |
| Calcium 80mg | 6% |
| Iron 2.1mg | 12% |
| Potassium | % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Ingredients

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) WATER SUGAR FLAX SEEDS WHOLE RYE FLOUR CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST ROLLED OATS BARLEY FLAKES WHOLE GRAIN TRITICALE FLOUR SUNFLOWER SEED WHEAT GLUTEN SOYBEAN OIL SALT CALCIUM SULFATE CULTURED WHEAT FLOUR HULLED WHOLE MILLET WHOLE AMARANTH FLOUR WHOLE BROWN RICE FLOUR WHOLE BUCKWHEAT FLOUR WHOLE KHORASAN WHEAT FLOUR WHOLE MILLED YELLOW CORN WHOLE SPELT FLOUR (WHEAT) ASCORBIC ACID ENZYMES GLAZE (WATER, SUNFLOWER OIL AND/OR CANOLA OIL, VEGETABLE PROTEINS [PEA, POTATO, FABA BEAN], CORN MALTODEXTRINS, CORN DEXTROSE, CORN STARCH) TOPPED WITH ROLLED OATS, SESAME SEEDS, SUNFLOWER SEEDS, BARLEY FLAKES AND TRITICALE FLAKES

⚠ Allergens

Contains:



📄 Product Specifications

Handling Suggestions

Product is fully baked. Thaw overnight and serve..

Serving Suggestions

Use this 4.25" round bun for upscale burger, chicken, barbecue and more. Braid top with high shine will appeal to consumers.

Prep & Cooking Suggestions

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

| Brand | Manufacturer | Product Category |
|---------|-------------------------|------------------|
| FLOWERS | FLOWERS FOODS SPECIALTY | |

| MFG # | SPC # | GTIN | Pack | Pack Desc. |
|----------|--------|----------------|------|------------|
| 10596430 | 208586 | 00075361015154 | 8 | 96/2.75 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 17.5oz | 16.5oz | USA | | No |

| Shipping Information | | | | | | |
|----------------------|---------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 23.88in | 16.62in | 9.75in | 2.24ft3 | 4x3 | 270DAYS | 0°F / 32°F |



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4.25" ANCIENT GRAIN BUN



Nutrition Analysis - By Serving

| | | | | | |
|------------------------|-----|---------------------|-----|--------------|-------|
| Calories | 200 | Total Fat | 2g | Sodium | 350mg |
| Protein | 7 | Trans Fats | 0g | Calcium | 80mg |
| Total Carbohydrates... | 39g | Saturated Fat | 0g | Iron | 2.1mg |
| Sugars | 6g | Added Sugars | | Potassium | |
| Dietary Fiber | 1g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 0mg | | |
| Vitamin A(IU) | | Vitamin D | | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | | Folate | | Riboflavin | |
| Magnesium | | Vitamin B-6 | | Vitamin B-12 | |
| Monosodium | | Sulphites | | Nitrates | |

Additional Images



| Nutrition Facts | |
|-----------------------------------|----------------------|
| 12 Servings per container | |
| Serving Size 1 Bun (78 g/ 2.8 oz) | |
| Amount per serving | |
| Calories | 210 |
| % DAILY VALUE* | |
| Total Fat | 3.5 g 7% |
| Saturated Fat | 0 g 0% |
| Trans Fat | 0 g 0% |
| Polyunsaturated Fat | 2.5 g 5% |
| Monounsaturated Fat | 0.5 g 1% |
| Cholesterol | 0 mg 0% |
| Sodium | 360 mg 8% |
| Total Carbohydrate | 39 g 8% |
| Dietary Fiber | 1 g 2% |
| Total Sugars | 6 g 12% |
| Includes | 6 g Added Sugars 12% |
| Protein | 7 g 14% |
| Vitamin D | 0.5 mcg 10% |
| Calcium | 80 mg 16% |
| Iron | 2.1 mg 42% |
| Potassium | 90 mg 18% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of 2,000 calories a day used for general nutrition advice.