



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

\* 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:



wheat

## 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.

## 📄 Product Specifications

Brand	Manufacturer	Product Category
FLOWERS	FLOWERS FOODS SPECIALTY	Bread, Baked & Parbaked

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	4x8	270DAYS	0°F / 32°F



FLOWERS

208586 - Bun Ancient Grain Sliced 4.25 Inch

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)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% DAILY VALUE*</b>	
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 15%
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 41%
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.