



**FLOWERS**

**210486 - Bun Hamburger Gluten Free Gf I/W**

3.5" hamburger bun is gluten free. This product is fully baked and ready to serve. Individual wrap and preslicing keeps the bun free of BOH cross contamination.



# Nutrition Facts

Servings per Container **36**  
Serving size **1bun (85g)**

Amount per serving  
**Calories 200**

	% Daily Value*
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium	<b>2%</b>
Iron	<b>2%</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

WATER, MODIFIED TAPIOCA STARCH, WHITE RICE FLOUR, POTATO STARCH, CORN STARCH, PALM OIL, EVAPORATED CANE JUICE, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: MILLET FLOUR, DRIED YEAST (YEAST, SORBITAN MONOSTEARATE), MODIFIED CELLULOSE, CANOLA OIL, SEASALT, SORGHUM FLOUR, XANTHAN GUM, GUAR GUM, RICE BRAN EXTRACT, CULTURED DEXTROSE, CALCIUM SULFATE, ENZYMES, ASCORBIC ACID

### Allergens

**Free From:**

- crustaceans
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

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

### Serving Suggestions

Build special gluten free burgers, chicken and sandwiches with gluten free proteins and condiments.

### Prep & Cooking Suggestions

Product is fully baked. Thaw overnight and serve.

### Product Specifications

Brand	Manufacturer	Product Category
FLOWERS	FLOWERS FOODS SPECIALTY	

MFG #	SPC #	GTIN	Pack	Pack Desc.
27019160	210486	00072250019880	36	36/3 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8lb	6.75lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12in	12in	8in	0.67ft3	12x2	270DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	200	Total Fat	4.5g	Sodium	440mg
Protein	2	Trans Fats	0g	Calcium	
Total Carbohydrates...	40g	Saturated Fat	1.5g	Iron	
Sugars	3g	Added Sugars		Potassium	
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

