



**FLOWERS**

**222123 - Bun Hamburger Wg Sliced 3.5 Inch**

3.5" Hamburger bun is made with whole grains to meet the USDA standards for schools. 1 bun = 2 bread/grain servings.



**\* Benefits**

# Nutrition Facts

Servings per Container **120**  
Serving size **1BUN (57g)**

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 5g	
Vitamin D	<b>%</b>
Calcium	<b>4%</b>
Iron	<b>8%</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.

### Ingredients

WATER, WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES, MONO- AND DIGLYCERIDES, DISTILLED MONOGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES, ASCORBIC ACID), YEAST, CALCIUM SULFATE, GUAR GUM, CALCIUM PHOSPHATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE)

### Allergens

**Contains:**

soy wheat

**Free From:**

crustaceans eggs fish milk  
 peanuts sesame tree nuts

### Handling Suggestions

Keep frozen until ready to use. Thaw overnight at room temperature. Shelf life at room temperature - 4-5 days.

### Serving Suggestions

### Prep & Cooking Suggestions

Product is fully baked. Thaw overnight and serve.

### Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
99832050	222123	00070210032054	10	120/2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17.12lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
22.37in	19.37in	8.75in	2.19ft3	4x6	270DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	140	Total Fat	2g	Sodium	300mg
Protein	5	Trans Fats	0g	Calcium	
Total Carbohydrates...	27g	Saturated Fat	0g	Iron	
Sugars	4g	Added Sugars		Potassium	
Dietary Fiber	2g	Polyunsaturated Fat	1g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

