

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.



		Nutrition Fa	cts		
	Servings per Container 150 Serving size 1BUN (63g)				
		Amount per serving Calories	150		
State Stat	The provide the second s	% Da	aily Value*		
		Total Fat 2g	3%		
		Saturated Fat 0g	0%		
		<i>Trans</i> Fat 0g			
		Cholesterol 0mg	0%		
★ Benefits		Sodium 240mg	10%		
-		Total Carbohydrate 30g	11%		
		Dietary Fiber 2g	7%		
		Total Sugars 4g			
		Includes 0g Added Sugar	0%		
Ingredients	Allergens	Protein 7g			
		Vitamin D 0mcg	0%		
WATER WHOLE WHEAT FLOUR UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED	Contains:	Calcium 50mg	4%		
BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)	🗞 sesame 🛞 soy 🋞 wheat	Iron 1.7mg	9%		
SUGAR WHEAT GLUTEN YEAST	Free From:	Potassium 0mg	0%		
CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOVBEAN OIL SALT CULTURED WHEAT FLOUR MONOCALCIUM PHOSPHATE SESAME FLOUR ENZYMES ASCORBIC ACID SOY LECITHIN	() crustaceans () eggs () fish () milk () peanuts () tree nuts	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.			

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					
	FLOWERS				Flowers Foods, Inc.				
MFG #		SPC #	GTIN		Pack		:k	Pack Desc.	
998320)50 2	222123	00070	2100320	054	10)	10 / 1 / 12.0 EA	
Gross W	/eight	Net Weig	ht Cou	ntry of (Origin	Ko	sher	Child Nutrition	
181	b	15lb		USA				No	
Shipping Information									
Length	Width	Height	Volume	TIxHI	Shelf	Life	Stora	age Temp From/To	
22.38in	19.38in	8.75in	2.2ft3	4x9	270D	AYS		-10°F / 15°F	





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.

Nutrition Analysis - By Serving

Calories	150	Total Fat	2g	Sodium	240mg
Protein	7	Trans Fats	Og	Calcium	50mg
Total Carbohydrates…	30g	Saturated Fat	Og	Iron	1.7mg
Sugars	4g	Added Sugars	Og	Potassium	0mg
Dietary Fiber	2g	Polyunsaturated Fat	1g	Zinc	0
Lactose		Monounsaturated Fat	Og	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



