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Nutritional information summary for the school dietician

4" Ham Wheat 30 Ct

Serving Size:	1 Bun	**Product # 51458**
Servings per Pack:	30	
Serving Weight:	57 Grams	2.00 School Bread Servings
	2.0 Oz	(Whole Grain-Rich)

Whole Grain:	16.6 Grams each	52% of total Flour
Enriched Flour:	15.5 Grams each	48% of total Flour
Total Flour:	32.1 Grams each	16.1 grams of total flour per each bread serving

ALLERGEN Statement: Contains: Wheat.

Nutrient*	Per Serving	% RDA
Calories	144.40	7%
Calories from Fat	22.86	
Protein (gm)	5.52	
Carbohydrates (gm)	25.66	9%
Dietary Fiber (gm)	2.27	9%
Total Sugars (gm)	3.32	
Total Fat (gm)	2.57	4%
Saturated Fat (gm)	0.47	2%
Poly Fats (gm)	1.27	
Mono Fats (gm)	1.27	
Trans Fats (gm)	0.03	
Cholesterol (mg)	0.00	0%
Sodium (mg)	274.84	11%
Calcium (mg)	50.97	5%
Iron (mg)	1.34	7%
Phosphorus (mg)	89.69	9%
Potassium (mg)	88.58	3%
Magnesium (mg)	27.82	7%
Zinc (mg)	0.58	4%
Thiamine (mg)	0.26	17%
Riboflavin (mg)	0.13	7%
Niacin (mg)	2.14	11%
Folate (mcg)	31.54	8%
Vitamin A (IU)	0.00	0%
Vitamin B6 (mg)	0.07	4%
Vitamin C (mg)	0.00	0%
Vitamin D (IU)	0.00	0%
Vitamin E (mg)	0.46	2%

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Yeast, Contains 2% or less of the following: Salt, Malt Syrup, Calcium Propionate (Preservative), Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide, Enzymes), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).

* Nutritional analysis is computed from databases. "Per Serving" information is unrounded and based on product weight.

Definitions:
"1.0 School Bread Serving" = "1oz of bread, at least 16g flour per oz"
"Whole Grain-Rich" means at least 8 grams of the flour is WHOLE GRAIN (per serving), and the remainder of the flour, if any, is Enriched.