

# Metropolitan Baking Co.



## 4250 – 4in Retail Hamburger Bun

Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Soybean Oil, Salt, Ethoxylated Mono and Diglycerides and 2% or less of each of the Following: Antioxydants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearoyl Lactylate, Calcium Propionate, Datem, Ascorbic Acid, Enzymes (Wheat Flour), Microcrystalline Cellulose, Corn Starch, Tricalcium Phosphate, Polyethylene Glycol.

Contains: WHEAT, SOY.

May contains: Sesame Seeds, Poppy Seeds, Cornmeal, Onions.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size 1 bun 1.5 oz (38g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 16g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 34mg	0%
<small>*The % Daily Value 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.</small>	