

Metropolitan Baking Co.



4280 – 4.5in 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.

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Nutrition Facts

12 servings per container

Serving size 1 bun 2.35 oz
(67g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 2mg	10%
Potassium 60mg	2%

*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.