

Metropolitan Baking Co.



4290 – 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 contain: Sesame Seeds, Poppy Seeds, Cornmeal, Onions.

| Nutrition Facts | |
|--|-------------------------------|
| 8 servings per container | |
| Serving size | 1 bun 2.75 oz (78g) |
| Amount per serving | |
| Calories | 180 |
| % Daily Value* | |
| Total Fat 2.5g | 3% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 390mg | 17% |
| Total Carbohydrate 33g | 12% |
| Dietary Fiber 1g | 4% |
| Total Sugars 4g | |
| Includes 3g Added Sugars | 6% |
| Protein 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 55mg | 4% |
| Iron 2mg | 10% |
| Potassium 69mg | 2% |
| <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> | |