

Nutritional Information for BUN HOT DOG WHEAT WHL 12-12CT GFS

Product Number:	517830
Description:	AP Bun, Hot Dog, 100% Whole Wheat, GFS

Serving Size 1 each (43 g)			
Amount Per Serving			
Calories 100		Calories from Fat 14	
		% Daily Value	
Total Fat	2 g	2%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	0 mg	0%	
Sodium	120 mg	5%	
Potassium	60 mg	2%	
Total Carbs	21 g	7%	
Dietary Fiber	4 g	16%	
Sugars	2 g	n/a	
Protein	5 g	10%	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	2%	Iron -	8%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Thiamin B1	0 mg	Phosphorus	n/a
Riboflavin B2	0 mg	Zinc	n/a
Niacin B3	2 mg	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	20 mg
Vitamin C	0 mg	Iron	1 mg
Folic Acid	60 mcg	Manganese	n/a
		Iodine	n/a

		Vitamin D	n/a
1 Each		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Meat/Meat Alternate	0.00 oz		
Grain/Bread	1.25 oz eq		
Fruit	0.00 cup		
Vegetable:			
Red/Orange	0.00 cup		
Dark Green	0.00 cup		
Starchy	0.00 cup		
Beans/Peas	0.00 cup		
Other	0.00 cup		
n/a			

Ingredients:

Whole grain wheat flour, water, high fructose corn syrup, wheat gluten, modified wheat starch, honey, wheat dextrin, soybean oil, salt, yeast, molasses, monoglycerides, calcium propionate (a preservative), sodium stearyl lactylate, potassium chloride, calcium sulfate, vinegar, sodium gluconate, wheat starch, ethoxylated mono- and diglycerides, citric acid, ascorbic acid, azodicarbonamide, calcium peroxide. **COMMON ALLERGENS PRESENT: Wheat.** Nutrition and Ingredient statement updated July 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.