

# Nutrition Facts

## Buns

White Dinner Bun

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bun (30 g)	
Portion 1 pain (30 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 180 mg</b>	<b>8 %</b>
<b>Carbohydrate / Glucides 15 g</b>	<b>5 %</b>
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
<b>Protein / Protéines 2 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	50 %
Calcium / Calcium	2 %
Iron / Fer	6 %

White Hamburger Buns  
White Hot Dog Buns

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bun (50 g)	
Portion 1 pain (50 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 130</b>	
<b>Fat / Lipides 1 g</b>	<b>2 %</b>
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 290 mg</b>	<b>12 %</b>
<b>Carbohydrate / Glucides 26 g</b>	<b>9 %</b>
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
<b>Protein / Protéines 4 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	90 %
Calcium / Calcium	4 %
Iron / Fer	10 %

Pioneer Buns

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bun (50 g)	
Portion 1 petit pain (50 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 130</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 290 mg</b>	<b>12 %</b>
<b>Carbohydrate / Glucides 25 g</b>	<b>8 %</b>
Fibre / Fibres 2 g	8 %
Sugars / Sucres 1 g	
<b>Protein / Protéines 5 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	90 %
Calcium / Calcium	4 %
Iron / Fer	10 %

Sourdough Italian Buns

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bun (50 g)	
Portion 1 pain (50 gr)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories/Calories 132</b>	
<b>Fat/Lipides 1 g</b>	<b>2 %</b>
Saturated/ satures .7 g	3 %
+ Trans/ trans 0 g	
<b>Cholesterol / Cholesterol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 277 mg</b>	<b>12 %</b>
<b>Carbohydrate / Glucides 26 g</b>	<b>9 %</b>
Fibre / Fibres 1.3 gr	5 %
Sugars / Sucres 1.3 g	
<b>Protein / Proteines 4 g</b>	
Vitamin A / Vitamine A	3 %
Vitamin C / Vitamine C	72 %

White Kaisers/Subs 7"

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bun (70 g)	
Portion 1 petit pain (70 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 180</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 410 mg</b>	<b>17 %</b>
<b>Carbohydrate / Glucides 36 g</b>	<b>12 %</b>
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	120 %
Calcium / Calcium	4 %
Iron / Fer	15 %

Multigrain Kaiser

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bun (90 g)	
Portion 1 pain (90 gr)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories/Calories 234</b>	
<b>Fat/Lipides 2.7 g</b>	<b>4 %</b>
Saturated/ satures 0.7 g	4 %
+ Trans/ trans 0 g	
<b>Cholesterol / Cholesterol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 522 mg</b>	<b>22 %</b>
<b>Carbohydrate / Glucides 45 g</b>	<b>14 %</b>
Fibre / Fibres 4 gr	14 %
Sugars / Sucres 2 g	
<b>Protein / Proteines 9 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	162 %
Calcium / Calcium	7 %
Iron / Fer	18 %

Portuguese Bun

Panini Bun

Jumbo Panini

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 Bun (85 g)	
Portion 1 pain (85 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 225	
Fat/Lipides 2 g	2%
Saturated/ satures .4 g	
+ Trans/ trans 0 g	2%
Cholesterol / Cholesterol 0 mg	0%
Sodium / Sodium 622 mg	21%
Carbohydrate / Glucides 44 g	14%
Fibre / Fibres 2 g	7%
Sugars / Sucres 2 g	
Protein / Proteines 7 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	153%
Calcium / Calcium	

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 Bun (80 g)	
Portion 1 pain (80 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 200	
Fat/Lipides 2 g	2%
Saturated/ satures .3 g	
+ Trans/ trans 0 g	2%
Cholesterol / Cholesterol 0 mg	0%
Sodium / Sodium 448 mg	18%
Carbohydrate / Glucides 39 g	13%
Fibre / Fibres 2 gr	2%
Sugars / Sucres 2 g	
Protein / Proteines 8 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 Bun (125 g)	
Portion 1 pain (125 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 325	
Fat/Lipides 3 g	4%
Saturated/ satures .7 g	
+ Trans/ trans 0 g	4%
Cholesterol / Cholesterol 0 mg	0%
Sodium / Sodium 728 mg	30%
Carbohydrate / Glucides 64 g	21%
Fibre / Fibres 3 gr	10%
Sugars / Sucres 3 g	
Protein / Proteines 10 g	
Vitamin A / Vitamine A	0%

Cheese Sticks

Cheese Bun

Cheese N' Onion

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 Stick (32 g)	
Portion 1 baton (32 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 112	
Fat/Lipides 8 g	9%
Saturated/ satures 2 g	
+ Trans/ trans 0 g	12%
Cholesterol / Cholesterol 10 mg	4%
Sodium / Sodium 338 mg	14%
Carbohydrate / Glucides 11 g	4%
Fibre / Fibres .3 gr	1%
Sugars / Sucres .5 g	
Protein / Proteines 5 g	
Vitamin A / Vitamine A	.5%

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 bun (40 g)	
Portion 1 pain (40 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 138	
Fat/Lipides 7 g	11%
Saturated/ satures 3 g	
+ Trans/ trans 0 g	14%
Cholesterol / Cholesterol 13 mg	4%
Sodium / Sodium 416 mg	17%
Carbohydrate / Glucides 13 g	5%
Fibre / Fibres .32 gr	1%
Sugars / Sucres .6 g	
Protein / Proteines 6 g	
Vitamin A / Vitamine A	.6%
Vitamin C / Vitamine C	42%
Calcium / Calcium	3%

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 bun (75 g)	
Portion 1 pain (75 gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 258	
Fat/Lipides 13 g	20%
Saturated/ satures 5 g	
+ Trans/ trans 0 g	27%
Cholesterol / Cholesterol 24 mg	8%
Sodium / Sodium 780 mg	32%
Carbohydrate / Glucides 25 g	8%
Fibre / Fibres .6 gr	3%
Sugars / Sucres .6 g	
Protein / Proteines 10 g	
Vitamin A / Vitamine A	1%

## Whole Wheat Buns

### Whole Wheat Dinner Buns

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 bun (30 g)	
Portion 1 petit pain (30 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 1 g</b>	<b>2 %</b>
Saturated / saturés 0.2 g	
+ Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 180 mg</b>	<b>8 %</b>
<b>Carbohydrate / Glucides 15 g</b>	<b>5 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	50 %
Calcium / Calcium	2 %
Iron / Fer	6 %

### Whole Wheat Kaisers/Subs 7"

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 bun (70 g)	
Portion 1 petit pain (70 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 180</b>	
<b>Fat / Lipides 2 g</b>	<b>3 %</b>
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	<b>3 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 410 mg</b>	<b>17 %</b>
<b>Carbohydrate / Glucides 34 g</b>	<b>11 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines 7 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	120 %
Calcium / Calcium	4 %
Iron / Fer	15 %

### Whole Wheat Hamburger Buns Whole Wheat Hot Dog Buns

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 1 bun (50 g)	
Portion 1 petit pain (50 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 130</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>
Saturated / saturés 0.4 g	
+ Trans / trans 0 g	<b>2 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 290 mg</b>	<b>12 %</b>
<b>Carbohydrate / Glucides 25 g</b>	<b>8 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines 5 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	90 %
Calcium / Calcium	4 %
Iron / Fer	10 %