

7741 GFS Sub Bun, Whole Grain, 6ct (17oz)

Brand Abbreviation **GF**

10/6/14

Nutrition Facts		Amount /serving	%DV*	Amount /serving	%DV*	*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories 2,000
Serving Size	1 Bun (80g)	Total Fat 3g	5%	Sodium 220mg	9%	
Servings per Unit	6	Saturated Fat 0.5g	3%	Potassium 80mg	2%	
Servings per Container	60	<i>Trans</i> Fat 0g		Total Carbohydrate 40g	13%	Total Carbohydrate 300g 375g Dietary Fiber 3g 13% Sugars 6g Protein 8g
Calories 220		Polyunsaturated 1g		Dietary Fiber 3g	13%	
Calories from Fat 25		Monounsaturated 0.5g		Sugars 6g		Calories per gram: Fat 9, Carbohydrates 4, Protein 4
		Cholesterol 0mg	0%	Protein 8g		
		Vitamin A 0%	Vitamin C 0%	Calcium 10%	Iron 15%	
		Thiamine 25%	Riboflavin 10%	Niacin 15%	Folic Acid 30%	

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, RICE FLOUR, ROLLED OATS, SOYBEAN OIL, SALT, RYE MEAL, WHEAT BRAN, BARLEY FLAKES, MONOGLYCERIDES, VINEGAR, MILLET, YELLOW CORN MEAL, CALCIUM PROPIONATE (A PRESERVATIVE), TRITICALE, POTASSIUM CHLORIDE, SODIUM STEAROYL LACTYLATE, SODIUM GLUCONATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID.

GF-7741-1014

Contains wheat ingredients.

Dist. By Gordon Food Service, Grand Rapids, MI 49501

NUTRITION & HEALTH CLAIMS		NUTRITIONAL VALUES per serving		PRODUCT SPECIFICATIONS	
Enriched	Kosher Pareve	WeightWatchers® SmartPoints®		net weight/unit	17 oz
0g of Trans Fat /serv		Grams of Creditable Whole Grains	26.2		17 OZ (1 LB 1 OZ) 482g
0g of Cholesterol /serv		Total Creditable Grains	47.6	count / unit (slices or pcs)	6 pcs
		OEG Method 1	2.75	dimensions/unit (LxWxH)	8"L x 5.25"W x 3.25"H
		OEG Method 2	2.75	product style	round top, slab cut
	Whole Grain Council Stamp	Sodium for 100g of Product	277mg	topping	none
				Fresh or Frozen	Frozen
				units/container	10 units
				net weight/container	170 oz
					170 OZ (10 LB 10 OZ) 4.82kg
Nutrition Statement					

***OEG= Ounce Equivalent Grains

Case or Unit Label Case

Type of Bag Plain

1014	Case	slices	Fresh
	Unit	pcs	Frozen

Printed - Full
Printed - No NP
Printed - Bag Label
Plain

UNIT CALCS

16 oz	(
1 lb	LB
1 oz	OZ
482 g)
0.48 kg	

CASE CALCS

160 oz
10 lb
10 oz
4819 g
4.82 kg

