

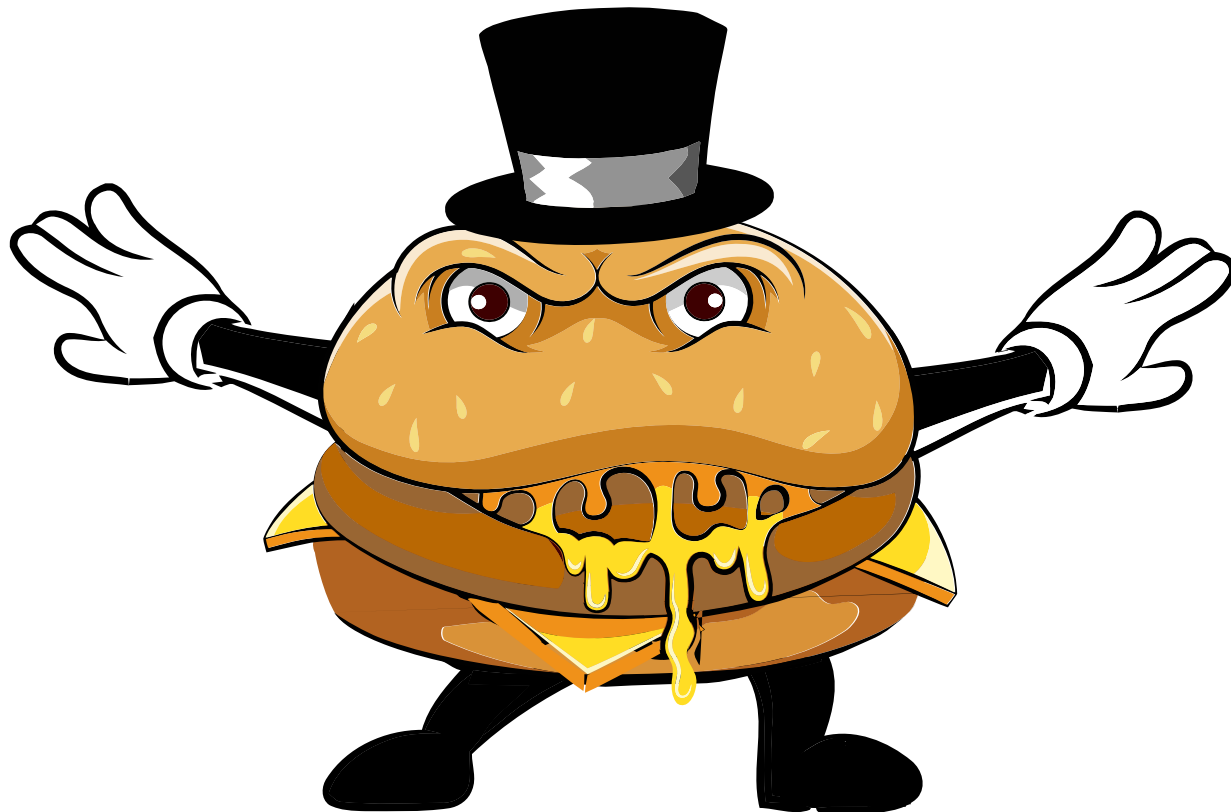
# HAMBURGER AND HOT BUNS

## VEGAN GLUTEN FREE BUNS

The Good Flour Milling Co.

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# DEMPSTER

## NUTRITION & INGREDIENTS

Ingredients: Enriched wheat flour, Water, Sugar, Yeast\*, Vegetable oil (canola or soybean), Salt, Wheat gluten\*, Vinegar, Calcium propionate, Soybean lecithin, Sorbic acid.

\*Order may change.

### HAMBURGER BUNS

Nutrition Facts	
Per 1 bun	(50 g)
<b>Calories 130</b>	<b>% Daily Value*</b>
<b>Fat 2 g</b>	3%
Saturated 0.3 g	2%
+ Trans 0 g	
<b>Carbohydrate 24 g</b>	
Fibre 1 g	4%
Sugars 2 g	2%
<b>Protein 4 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 220 mg</b>	10%
Potassium 40 mg	1%
Calcium 40 mg	3%
Iron 1.5 mg	8%
Thiamine 0.2 mg	17%
Riboflavin 0.15 mg	12%
Niacin 2.25 mg	14%
Folate 60 µg	15%
Selenium 16 µg	29%
Manganese 0.2 mg	9%
Molybdenum 14 µg	31%
Chloride 350 mg	15%

\*5% or less is a little, 15% or more is a lot

### HOT DOG BUNS

Nutrition Facts	
Per 1 bun	(47 g)
<b>Calories 120</b>	<b>% Daily Value*</b>
<b>Fat 1.5 g</b>	2%
Saturated 0.3 g	2%
+ Trans 0 g	
<b>Carbohydrate 22 g</b>	
Fibre 1 g	4%
Sugars 2 g	2%
<b>Protein 4 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 160 mg</b>	7%
Potassium 40 mg	1%
Calcium 40 mg	3%
Iron 1.5 mg	8%

\*5% or less is a little, 15% or more is a lot

