Alpha Baking Co., Inc

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R&D Manager
3/21/16

Nutritional information summary for the school dietician

Hot Dogs White Wheat 60ct.

		Product # 53460
Serving Size:	1 Bun	
Servings per Pack:	60	**2.00 School Bread Servings**
Serving Weight:	57 Grams	**(Whole Grain–Rich)**
	2.0 Oz	

Whole Grain:	19.2 Grams each	58% of total Flour
Enriched Flour:	13.9 Grams each	42% of total Flour
Total:	33.0 Grams each	
Sodium:	**256 mg each**	**11% RDA per serving**

ALLERGEN Statement: **Contains: Wheat.**

Nutrient*	Per Serving	% RDA
Calories	145.98	**7%**
Calories from Fat	18.72	
Protein (gm)	5.20	
Carbohydrates (gm)	26.49	**9%**
Dietary Fiber (gm)	2.29	**9%**
Total Sugars (gm)	3.61	
Total Fat (gm)	2.10	**3%**
Saturated Fat (gm)	0.34	**2%**
Poly Fats (gm)	0.84	
Mono Fats (gm)	0.31	
Trans Fats (gm)	0.03	
Cholesterol (mg)	0.00	**0%**
Sodium (mg)	256.19	**11%**
Calcium (mg)	50.75	**5%**
Iron (mg)	1.41	**8%**
Phosphorus (mg)	87.28	**9%**
Potassium (mg)	92.89	**3%**
Magnesium (mg)	29.33	**7%**
Zinc (mg)	0.67	**4%**
Thiamine (mg)	0.21	**14%**
Riboflavin (mg)	0.12	**7%**
Niacin (mg)	2.27	**11%**
Folate (mcg)	32.52	**8%**
Vitamin A (IU)	0.00	**0%**
Vitamin B6 (mg)	0.07	**3%**
Vitamin C (mg)	0.00	**0%**
Vitamin D (IU)	0.00	**0%**
Vitamin E (mg)	0.16	**1%**

INGREDIENTS: White Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Enzymes), Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).

* Nutritional analysis is computed from databases. "Per Serving" information is unrounded and based on product weight.

Definitions:
"1.0 School Bread Serving" = "1oz of bread, at least 16g flour per oz"
"Whole Grain-Rich" means at least 8 grams of the flour is WHOLE GRAIN (per serving), and the remainder of the flour, if any, is Enriched.