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Nutritional information summary for the school dietician

### 3.5" White Wheat Ham Buns 60ct.

Serving Size: 1 Bun  
 Servings per Pack: 30  
 Serving Weight: 55 Grams  
 1.9 Oz

Product # 51550

1.75 School Bread Servings  
 (Whole Grain-Rich)

Whole Grain: 17.1 Grams each 57% of total Flour  
 Enriched Flour: 12.9 Grams each 43% of total Flour  
 Total: 30.0 Grams each

**Sodium: 235 mg each 10% RDA per serving**

**ALLERGEN Statement: Contains: Wheat.**

Nutrient*	Per Serving	% RDA
29	Calories	139.38 7%
30	Calories from Fat	16.42
31	Protein (gm)	5.91
32	Carbohydrates (gm)	25.10 8%
33	Dietary Fiber (gm)	2.51 10%
34	Total Sugars (gm)	3.20
35	Total Fat (gm)	1.84 3%
36	Saturated Fat (gm)	0.31 2%
37	Poly Fats (gm)	0.79
38	Mono Fats (gm)	0.30
39	Trans Fats (gm)	0.01
40	Cholesterol (mg)	0.00 0%
41	Sodium (mg)	235.31 10%
42	Calcium (mg)	30.36 3%
43	Iron (mg)	1.35 8%
44	Phosphorus (mg)	82.43 8%
45	Potassium (mg)	101.02 3%
46	Magnesium (mg)	26.82 7%
47	Zinc (mg)	0.62 4%
48	Thiamine (mg)	0.21 14%
49	Riboflavin (mg)	0.12 7%

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