

# EF- Hot Dog Buns

## Nutrition Facts

4 servings per container

**Serving size** 1 Bun (55g)

**Amount Per Serving**

**Calories** 120

**% Daily Value\***

**Total Fat** 3g 4%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 150mg 7%

**Total Carbohydrate** 21g 8%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 3g Added Sugars 6%

**Protein** 1g

Vitamin D 0.8mcg 4%

Calcium 26mg 2%

Iron 1.44mg 8%

Potassium 47mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.