

EF - Hamburger Foods

Nutrition Facts

Serving Size 1 bun (55g)

Serving Per Container 4

Amount Per Serving

Calories 140 Calories from Fat 45

% Daily Value *

Total Fat 5g **8%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **7%**

Sugars 3g

Protein 1g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.