

Morat's White Buns

Nutrition Information	
Servings Per Recipe: 12	
Serving Size: 0.81 oz	
Amount per Serving	
Calories 105	Fat Calories 52
Amount per Serving	
	% DV
Total Fat 5.8 g	9 %
Saturated Fat 1.8 g	9 %
Polyunsaturated Fat 1.3 g	
Monounsaturated Fat 2.4 g	
Cholesterol 2.6 mg	
Sodium 259 mg	
Potassium 38 mg	
Total Carbs 12 g	
Dietary Fiber 0.4 g	
Sugars 4.7 g	
Other Carbs 6.6 g	
Protein 1.8 g	
Percent Daily Values are based on a 2000 calorie diet for Default User.	
Calcium: 1 %, Iron: 2 %, Vitamin A: 1 %, Thiamin: 11 %, Riboflavin: 6 %, Niacin: 5 %, Vitamin C: 0 %, Vitamin B12: 4 %, Folic Acid: 8 %, Magnesium: 1 %, Manganese: 4 %, Pantothenic Acid: 4 %, Phosphorous: 6 %, Selenium: 6 %, Zinc: 5 %	

Morats Bakery Breadsticks

Ingredients:

White Flour

Salt

Yeast

Milk Powder (2 oz per 7lb of dough)

Butter Flavor

Sugar

Shortening

Water

Butter

Parmesan Cheese