

Morat Bakery White Buns (Hot Dog and Hamburger)

## 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	
Total Fat 5.8 g	9 %
Saturated Fat 1.8 g	9 %
Trans	
Polyunsaturated Fat 1.3 g	
Monounsaturated Fat 2.4 g	
Amount per Serving	
Cholesterol 2.6 mg	1 %
Sodium 259 mg	11 %
Potassium 38 mg	1 %
Total Carbs 12 g	4 %
Dietary Fiber 0.4 g	2 %
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 %	

NutriCook [www.NutriCook.com](http://www.NutriCook.com) ©2008 Chefology

**Ingredients:**

White Flour  
Salt  
Milk Powder (6 oz every 42 lbs of dough)  
Yeast  
Butter  
Sugar  
Shortening  
Water

**This product was prepared in a facility that also use peanuts, tree nuts and sesame seeds, poppy seeds, and sunflower seeds. If you need any further information please contact the food service director.**

**GFS 4 Inch Hamburger Buns, Sliced, Frozen, 12 Ct Package, 10/Case**Item Number: 763233  

These buns are ideal for traditional hamburger and sandwich applications. They feature a smooth top and a soft interior, with a fresh taste. Each bun has been baked in an individual pan, preventing square sides, which allows for an attractive presentation.


- Thaw and serve as needed for convenient preparation
- Reclosable bags keep the product fresh
- Sliced for fast and easy preparation, reducing labor, and eliminating knife use

10/Case

\$20.17  
\$0.17/ea

QTY

## Nutrition

Based On: AP Bun, Hamburger, Sliced, GFS Rounding: On 

### Ingredients

Enriched bleached flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), niacin (vitamin b3), folic acid], water, high fructose corn syrup, yeast, soybean oil, wheat gluten, salt, monoglycerides, calcium propionate (a preservative), vinegar, sodium stearoyl lactylate, calcium sulfate, citric acid, ascorbic acid, azodicarbonamide, calcium peroxide. COMMON ALLERGENS PRESENT: Wheat. Nutrition and Ingredient statement updated March 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product

### Nutrition Facts

Serving Size 1 each (54g)	
Amount Per Serving	
<b>Calories</b> 150	Calories From Fat 16.4
% Daily Value *	
<b>Fat</b> 2g	3%
Saturated Fat0g	2%
Trans Fat0g	
PolyUnsat. Fat1g	n/a
MonoUnsat Fat0g	n/a
<b>Cholesterol</b> 0mg	n/a
<b>Sodium</b> 240mg	10%
<b>Potassium</b> 35mg	1%
<b>Carbohydrates</b> 28g	9%
Fiber1g	4%
Sugar4g	
<b>Protein</b> 5g	10%
Vitamin A IU 0% Vitamin B6 1% Vitamin B12 null%	
Vitamin C 2% Vitamin D IU null% Calcium 2% Iron 10%	
Phosphorous 3% Magnesium 2% Zinc 2% Thiamin 19%	
Riboflavin 9% Niacin B3 10% Folic Acid 0%	
* Based on a 2000 calories diet	
<b>Calories Per Gram:</b>	
Fat: 9 Carbohydrates: 4 Protein: 4	

**School Equivalents:**

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	0.286 mg
Riboflavin	0.151 mg
Niacin B3	2.095 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
Vitamin B6	0.016 mg
Vitamin B12	0 mcg
Vitamin C	1.4 mg

**Updated For New Final Rule:**

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

**Fat Soluble Vitamins:**

Vitamin D IU	0 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

**Minerals:**

Phosphorous	33.5 mg
Zinc	0.3 mg
Magnesium	8.791 mg
Copper	n/a
Selenium	n/a
Calcium	34.38 mg
Iron	1.9 mg
Manganese	n/a
Iodine	n/a

**Additional Images**

---

