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Nutritional information summary for the school dietitian

3.5" White Wheat Ham Buns 12ct

Serving Size: 1 Bun
Servings per Pack: 12
Serving Weight: 54 Grams
1.9 Oz

Product # 51032

1.75 School Bread Servings
(Whole Grain-Rich)

Whole Grain:	17.0 Grams each	57.0% of total Flour	(9.7g / Bread Serving)
Enriched Flour:	12.8 Grams each	43.0% of total Flour	(7.3g / Bread Serving)
Total Flour:	29.8 Grams each	17.0 grams of <u>total flour</u> per school bread serving	

ALLERGEN Statement: Contains: Wheat.

Nutrient*	Per Serving	% RDA
Calories	136.85	7%
Calories from Fat	16.12	
Protein (gm)	5.81	
Carbohydrates (gm)	24.65	8%
Dietary Fiber (gm)	2.47	10%
Total Sugars (gm)	3.14	
Total Fat (gm)	1.81	3%
Saturated Fat (gm)	0.30	2%
Poly Fats (gm)	0.77	
Mono Fats (gm)	0.77	
Trans Fats (gm)	0.01	
Cholesterol (mg)	0.00	0%
Sodium (mg)	231.03	10%
Calcium (mg)	29.81	3%
Iron (mg)	1.33	7%
Phosphorus (mg)	80.94	8%
Potassium (mg)	99.18	3%
Magnesium (mg)	26.34	7%
Zinc (mg)	0.60	4%
Thiamine (mg)	0.21	14%
Riboflavin (mg)	0.11	7%
Niacin (mg)	2.11	11%
Folate (mcg)	29.64	7%
Vitamin A (IU)	0.00	0%
Vitamin B6 (mg)	0.06	3%
Vitamin C (mg)	0.00	0%
Vitamin D (IU)	0.00	0%
Vitamin E (mg)	0.21	1%

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, Azodicarbonamide), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).

* Nutritional analysis is computed from databases.
"Per Serving" information is unrounded and based on product weight.

Definitions:

"1.0 School Bread Serving" = "1oz of bread, at least 16g flour per oz"

"Whole Grain-Rich" means at least 8 grams of the flour is WHOLE GRAIN (per serving), and the remainder of the flour, if any, is Enriched.