



7905 QUIVIRA ROAD
LENEXA, KS 66215
PHONE 800-669-4092

Hamburger (43 g) - Harris Baking 8.9.11

Nutrition Facts	
Amount Per Serving	
Serving Size 1 Bun (43g) Servings Per Container 8	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 8%
Thiamin 15%	• Riboflavin 6%
Niacin 8%	• Folate 10%
*Percent Daily Values are based on a diet of 2,000 calories depending on your calorie needs	
Total Fat	Less than 65g
Saturated Fat	Less than 25g
Cholesterol	Less than 30mg
Sodium	Less than 2,400mg
Total Carbohydrate	30g
Dietary Fiber	25g
Calories per gram	
Fat 9	• Carbohydrate 4
	• Protein 4

Ingredients:

ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, WHEAT FLOUR, MONO- AND DIGLYCERIDES, CALCIUM PROPIONATE AND PHOSPHORIC ACID [FOR FRESHNESS], CALCIUM STEAROYL LACTATE [CSL], GUAR GUM, DIACETYL TARTARIC ACID ESTERS OF MONO-DIGLYCERIDES [DATEM], CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, CORN SYRUP SOLIDS, AMMONIUM SULFATE, POTASSIUM BROMATE, MICROCRYSTALLINE CELLULOSE, DICALCIUM PHOSPHATE, CORN STARCH, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, ASCORBIC ACID [VITAMIN C], ENZYMES [WHEAT], PROPIONIC ACID, AZODICARBONAMIDE (ADA), L-CYSTEINE HYDROCHLORIDE, CALCIUM PEROXIDE.

Notes:

The information listed above has been compiled from publications of the USDA and from data provided by Caravan's suppliers. To estimate the nutritional composition of a final baked product information for ALL ingredients is required.