# **CITY BAKERY NUTRITION FACTS**

### Burger Bun (4pk)

#### **Nutrition Facts** 4 servings per container Serving size 1 bun (57g) **Amount Per Serving Calories** % Daily Value Total Fat 1.5g 0% Saturated Fat 0g Trans Fat 0g 3% Cholesterol 10mg 19% Sodium 440mg 9% Total Carbohydrate 25g Dietary Fiber <1a 2% Total Sugars 2g Includes 1g Added Sugars 2% Protein 5g Vitamin D 0mca 0% Calcium 0mg 0% Iron 1.6mg 10% Potassium 0mg 0% The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day

is used for general nutrition advice. INGREDIENTS: UNBLEACHED WHEAT

FLOUR (WHEAT FLOUR, MALTED BARLEY NIACIN. IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST CEREVISIAE)

CONTAINS: EGG, WHEAT

CITY BAKERY, 85 FLETCHER COMMERCIAL DR, FLETCHER NC 28732

#### French Sandwich

<b>Nutrition Fa</b>	acts
About 16 servings per con Serving size	tainer 1 (40g)
Amount Per Serving Calories	90
%	Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.2mg	6%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how muserving of food contributes to a daily diet. 2,	

UNBLEACHED WHEAT INGREDIENTS: FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR. NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, UNBLEACHED WHEAT FLOUR WATER, EGG, CANOLA OIL, SEA SALT, (WHEAT FLOUR, MALTED BARLEY FLOUR, (SSCCHAROMYCES NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT,

CONTAINS: WHEAT

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YEAST (SSCCHAROMYCES CEREVISIAE)

#### Jewish Rye

Nutrition	<b>Facts</b>
16 servings per contair Serving size 1	ner <b>slice (43g</b> )
Amount Per Serving  Calories	90
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugar	rs <b>0%</b>
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.3mg	8%
Potassium 20mg	0%

INGREDIENTS: UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY RIBOFLAVIN, FOLIC ACID), SEA SALT, BOB'S FLOUR. NIACIN. IRON. MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RYE FLOUR, DARK, SEA SALT, FLAXSEED. ROLLED OATS. SUNFLOWER YEAST ONIONS. CEREVISIAE), CARAWAY SEED

CONTAINS: WHEAT

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#### **Multigrain Sandwich**

About 16 servings per con <b>Serving size 1 sl</b> i	tainer i <b>ce (44g</b> )
Amount Per Serving  Calories	100
% I	Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.3mg	8%
Potassium 10mg	0%

INGREDIENTS: UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR. NIACIN, IRON, MONONITRATE, RIBOFLAVIN, FOLIC ACID). WATER, UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, THIAMIN RED MILL GLUTEN FREE CORN GRITS/POLENTA. SESAME (SSCCHAROMYCES SEEDS, WHOLE GRAIN WHEAT, MILLET, YEAST (SSCCHAROMYCES CEREVISIAE)

CONTAINS: WHEAT

DR, FLETCHER NC 28732

# **CITY BAKERY NUTRITION FACTS**

# Sourdough Sandwich

### **Sprouted Wheat Sandwich**

## Sourdough Batard

<b>Nutrition F</b>	acts
About 16 servings per co <b>Serving size</b>	ntainer <b>1 (40g)</b>
Amount Per Serving Calories	100
%	Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	10%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.1mg	6%
Potassium 0mg	0%

INGREDIENTS: UNBLEACHED IRON, NIACIN, FLOUR, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOURDOUGH STARTER, WATER, SEA SALT, YEAST (SSCCHAROMYCES CEREVISIAE)

CONTAINS: WHEAT

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<b>Nutrition F</b>	acts
About 16 servings per co	ntainer 1 (40g)
Amount Per Serving Calories	100
%	Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.1mg	6%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how r serving of food contributes to a daily diet.	

INGREDIENTS: UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY SALT, SESAME THIAMIN FLOUR, NIACIN, IRON, MONONITRATE, RIBOFLAVIN, FOLIC ACID), FLOUR (WHEAT FLOUR, MALTED BARLEY SOURDOUGH STARTER, WATER, SEA SALT, THIAMIN YEAST (SSCCHAROMYCES CEREVISIAE)

**CONTAINS: WHEAT** 

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<b>Nutrition Fa</b>	acts
About 16 servings per con Serving size 1 sli	tainer i <b>ce (35g)</b>
Amount Per Serving Calories	70
% [	Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 10mg	0%

INGREDIENTS: ORGANIC WHOLE WHEAT FLOUR, WATER, FLOUR (WHEAT FLOUR ENRICHED (NIACIN, REDUCED THIAMINE MONONITRATE, RIBOFLAVIN, WHEAT FOLIC ACID), MALTED BARLEY FLOUR), SEA SEEDS, FLAXSEED. SEEDS, SUNFLOWER YEAST (SSCCHAROMYCES CEREVISIAE), POPPY

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**CONTAINS: WHEAT** 

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