

# Lemon Poppy Buns

## Nutrition Facts

Serving Size: 1 bun (43g)  
 Servings Per Container: 8

**Calories** 280  
 Calories from Fat 90

Amount/serving	% Daily Value*
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 250mg	<b>10%</b>
Vitamin A 6% • Vitamin C 4% • Calcium 6% • Iron 10%	

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 19g	
<b>Protein</b> 7g	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: UNBLEACHED BREAD FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEESE FILLING (CREAM CHEESE [MILK, CHEESE CULTURES, SALT, GUAR GUM], SUGAR, LEMON EXTRACT), POPPY BUTTER (SUGAR, POPPY SEEDS, WATER, CITRIC ACID, HONEY, SODIUM ALGINATE, SALT, PRESERVATIVES (SODIUM BENZOATE, POTASSIUM SORBATE)], SODIUM BICARBONATE, PROPYLENE GLYCOL), EGGS, SUNFLOWER OIL, SUGAR, FROSTING (CONFECTIONER'S SUGAR, WATER), PURIFIED SEA SALT, INSTANT DRY YEAST

CONTAINS: MILK, EGG, WHEAT