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Rosen Poppy Hot Dogs 12ct 12/cs

ALLERGENS: Contains: Wheat.

### Nutrition Facts

Serving Size 1 Bun (54 grams)

Servings Per Package 12

Amount Per Serving

**Calories 140**      **Calories from Fat 25**

% Daily Value \*

**Total Fat** 2.5 g **4%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Polyunsaturated Fat 1 g

Monounsaturated Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 260 mg **11%**

**Total Carbohydrate** 25 g **8%**

Dietary Fiber 0 g **0%**

Sugars 3 g

**Protein** 5 g

Vitamin A 0%      Niacin 10%

Vitamin C 0%      Vitamin B6 0%

Calcium 4%      Folate 10%

Iron 6%      Phosphorus 2%

Vitamin E 0%      Potassium 0%

Thiamin 15%      Magnesium 0%

RiboFlavin 10%      Zinc 0%

\* 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
Saturated 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

Total Fat Less Than 65g 80g

Saturated 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

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

### Analysis Data

Serving Size:	100 Grams	One Serving UOM
Calories	259.80	140.29 kcal
Calories from Fat	38.77	20.94 kcal
Calories From Sat Fat	7.09	3.83 kcal
Protein	8.54	4.61 grams
Carbohydrates	45.71	24.68 grams
Dietary Fiber	1.44	0.78 grams
Soluble Fiber	0.06	0.03 grams
Total Sugars	5.52	2.98 grams
Monosaccharides	0.00	0.00 grams
Disaccharides	0.00	0.00 grams
Other Carbs	38.51	20.80 grams
Sodium	485.27	262.05 mgs
Total Fats	4.36	2.35 grams
Saturated Fats	0.79	0.43 grams
Mono Fat	0.78	0.42 grams
Poly Fat	2.15	1.16 grams
Trans Fatty Acid	0.06	0.03 grams
Cholesterol	0.00	0.00 mgs
Vitamin A	0.00	0.00 IU
Thiamin	0.53	0.29 mgs
Riboflavin	0.32	0.17 mgs
Niacin	4.46	2.41 mgs
Vitamin C	0.00	0.00 mgs
Folate	99.84	53.91 mcg
Vitamin E	0.69	0.37 IU
Vitamin D	0.00	0.00 IU
Vitamin B6	0.02	0.01 mgs
Phosphorous	73.34	39.60 mgs
Potassium	69.19	37.36 mgs
Magnesium	14.53	7.85 mgs
Zinc	0.48	0.26 mgs
Iron	2.58	1.39 mgs
Calcium	83.39	45.03 mgs
Omega-3	0.23	0.12 grams

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Poppy Seeds, Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Enzymes), Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).