

Golden

Nutrition Facts	
Servings per Container 2	
Serving size 5oz. (142g)	
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 18g	20%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0g	0%
Sodium 470mg	20%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	15%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mg	0%
Iron 4.4mg	25%
Calcium 70mg	6%
Potassium 130mg	2%
<small>* 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.</small>	

Ingredients: Bun (Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Olive Oil Blend (75% Canola Oil, 25% Olive Oil), Cultured Wheat Starch, Salt, Baker's Yeats, Dry Malt, Sunflower Seeds, Poppy Seeds, Crumb Softener (Wheat Flour Dextrose, Enzymes), Rolled Oats, Flax Seeds) Baked Soy Curis (Soybeans, Water), Preservative Free Soy Sauce (Water, Soybeans, Wheat, Salt), Cabbage, Carrots, Vegenaize (Expeller Pressed Canola Oil, Filtered Water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour & Lemon Juice Concentrate), Nutritional Yeast (Dried Yeast, Niacin, Pyridoxine, Thiamin, Riboflavin, Folic Acid, Cyanocobalamin), High Oleic Safflower Oil, Turmeric, Spices, Sea Salt.