

**GFS 5 Inch Whole Grain Sub Bun,
Sliced, Frozen, 8 Ct Bag, 12/Case****Item Number: 276142**  

These quality, whole grain sub buns feature a reduced sodium formula, making it a healthy alternative to traditional white bread submarine sandwiches.

- Thaw-and-serve convenience eliminates preparation and labor, and ensures consistent results

Case (12/8 Count Bag)

\$0.29/ea

\$27.66[Print](#)

Nutrition

Based On:

AP Bun, Sub, WGrain, 5", GFS 

Rounding:

On 

Ingredients

WHOLE GRAIN WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, YEAST, WHEAT GLUTEN, SOYBEAN OIL, WHOLE GRAIN OATMEAL, SALT, RYE FLOUR, BARLEY FLAKES, SODIUM STEAROYL LACTYLATE, VINEGAR, DATEM, POTASSIUM CHLORIDE, SODIUM GLUCONATE, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 each (58g)	
Amount Per Serving	
Calories 150	Calories From Fat 18
% Daily Value *	
Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 180mg	7%
Potassium 105mg	3%
Carbohydrates 28g	9%
Fiber 3g	12%
Sugar 4g	
Protein 6g	12%
Vitamin A 0% Vitamin C 0% Calcium 8% Iron 10%	
Thiamin 20% Riboflavin 8% Niacin B3 10% Folic Acid 20%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.3 mg
Riboflavin	0.136 mg
Niacin B3	2 mg
Pantothenic Acid	n/a
Folic Acid	80 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a