

Date: 7/2/2012
Time: 12:11 PM



Bread, Sticky Buns

Hesston College

Author

Categories Bread, rolls

Tools Metal spatula 3", Sheet pan half

Locations

Plate/Store

Yield 2 pan **Cook** 15 minutes
Portion 3 oz
Num Portions 30

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 30	
Amount Per Serving	
Calories 254 Calories From Fat 96	
% Daily Value	
Total Fat 11g	16%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 91mg	4%
Total Carbohydrates 42g	14%
Dietary Fiber 1g	4%
Protein 1g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Cholesterol Free
Low Sodium
Good Source of Carbohydrates