

**Ryan's Nutrition  
Breads**

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat,	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
					grams						
Biscuit	62 (1 biscuit)	<b>190</b>	9	2.5	2.5	0	4	22	2	<1	620
Blueberry Bagel	43 (1/2 bagel)	<b>120</b>	0.5	0	0	0	4	25	2	1	225
Cinnamon Roll	56 (1 roll)	<b>210</b>	7	1.5	1.5	10	3	34	15	1	270
English Muffin	29 (1/2 muffin)	<b>70</b>	1	0	0	0	2	13	<1	<1	150
4" Hamburger Bun w/ Sesame Seeds	52 (1 roll)	<b>180</b>	3.5	1	0	0	6	31	4	<1	310
Hot Dog Bun	43 (1 bun)	<b>130</b>	2	0	0	0	4	24	3	<1	250
Wheat Roll	50 (1 roll)	<b>190</b>	3	0.5	0	0	6	35	1	2	170
White Roll	50 ( 1 roll)	<b>190</b>	2.5	0.5	0	0	5	37	9	1	150
Yellow Corn Taco Shells	26 (2 shells)	<b>110</b>	4	1	0	0	2	17	2	2	100
Yellow Corn Tortilla Chips	28 (11 chips)	<b>150</b>	7	1	0	0	2	20	0	2	115