

The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

1448 100% Whole Wheat Bread #28 22sl 24oz Klosterman Sprgfld

Nutrition Facts	
Serving Size 1 Slice (31g)	
Servings Per Container 22	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 6%	• Riboflavin 2%
Niacin 4%	• Folate 2%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118645

This product contains 16g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

By AL Bachman

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20 North Wacker Drive Suite 1010 Chicago, IL 60606

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1448 100% Whole Wheat Bread #28 22sl 24oz Klosterman Sprgfld

INGREDIENTS: Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Polydextrose, Contains 2% or less of the following: Soybean Oil, Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Corn Syrup, Soy Lecithin, Vinegar, Dough Conditioners (Sodium Stearoyl Lactylate, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Calcium Propionate (Preservative).

Contains: Wheat, Soy

The Long Company Sample #118645

This product contains 16g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



10/15/2015

By AL Bachman

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20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3221 Whole Grain Rich Large Breadstick 39g Klosterman Spring

Nutrition Facts	
Serving Size 1 Breadstick (39g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Thiamin 10%	• Riboflavin 4%
Niacin 6%	• Folate 6%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118704

This product contains 14g Whole Grain per serving.

This product contains 9g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3221 Whole Grain Rich Large Breadstick 39g Klosterman Spring

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

Contains: Wheat

The Long Company Sample #118704

This product contains 14g Whole Grain per serving.

This product contains 9g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3228 3.5in Whole Grain Rich Bun F#76C 45g Klosterman Spgfld

Nutrition Facts	
Serving Size 1 Bun (45g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 6%
Thiamin 10%	• Riboflavin 6%
Niacin 8%	• Folate 6%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118647

This product contains 14g Whole Grain per serving.

This product contains 10g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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3228 3.5in Whole Grain Rich Bun F#76C 45g Klosterman Spgfld

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118647

This product contains 14g Whole Grain per serving.

This product contains 10g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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3474 4in Whole Grain Rich Bun F#76 56g 12ct Klosterman Spgfl

Nutrition Facts	
Serving Size 1 Bun (56g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%
Thiamin 15%	• Riboflavin 6%
Niacin 10%	• Folate 8%
*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
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4



The Long Company Sample #118650

This product contains 17g Whole Grain per serving.

This product contains 13g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

By AL Bachman

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3474 4in Whole Grain Rich Bun F#76 56g 12ct Klosterman Spgfl

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118650

This product contains 17g Whole Grain per serving.

This product contains 13g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

THE LONG COMPANY
PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

10/15/2015

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3699 Whole Grain Rich Small Breadstick 31g Klosterman Spring

Nutrition Facts	
Serving Size 1 Breadstick (31g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• Folate 4%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118685

This product contains 11g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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3699 Whole Grain Rich Small Breadstick 31g Klosterman Spring

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

Contains: Wheat

The Long Company Sample #118685

This product contains 11g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.


PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

10/15/2015

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3709 Whole Grain Rich Hot Dog Bun 45g Klosterman Spring

Nutrition Facts	
Serving Size (45g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
<hr/>	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Thiamin 10%	• Riboflavin 6%
Niacin 8%	• Folate 6%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118706

This product contains 13g Whole Grain per serving.

This product contains 11g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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3709 Whole Grain Rich Hot Dog Bun 45g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Wheat Starch, Soy Lecithin.

Contains: Wheat, Soy

The Long Company Sample #118706

This product contains 13g Whole Grain per serving.

This product contains 11g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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3727 100% Whole Wheat Hot Dog Buns 45g Klosterman Spring

Nutrition Facts	
Serving Size 1 Bun (45g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Thiamin 10%	• Riboflavin 4%
Niacin 6%	• Folate 2%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118720

This product contains 24g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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312.726.4606 FAX 312.726.4625

3727 100% Whole Wheat Hot Dog Buns 45g Klosterman Spring

INGREDIENTS: Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Monoglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Soy Lecithin, Wheat Starch.

Contains: Wheat, Soy

The Long Company Sample #118720

This product contains 24g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



10/15/2015

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3736 Whole Grain Rich Large Hot Dog Bun 56g Klosterman Sprig

Nutrition Facts	
Serving Size 1 Bun (56g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%
Thiamin 15%	• Riboflavin 6%
Niacin 10%	• Folate 8%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118766

This product contains 17g Whole Grain per serving.

This product contains 14g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3736 Whole Grain Rich Large Hot Dog Bun 56g Klosterman Sprig

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Wheat Starch, Soy Lecithin.

Contains: Wheat, Soy

The Long Company Sample #118766

This product contains 17g Whole Grain per serving.

This product contains 14g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



10/15/2015

By AL Bachman

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The Long Company Technical Services

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3737 F35 5in Whole Grain Hoagy 62g Klosterman Springboro

Nutrition Facts	
Serving Size 1 Bun (62g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 10%
Thiamin 15%	• Riboflavin 8%
Niacin 10%	• Folate 10%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118513

- This product contains 15g Whole Grain per serving.
- This product contains 17g Enriched Wheat Flour per serving.
- This product contains 33g Total Creditable Grains per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

By AL Bachman

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312.726.4606 FAX 312.726.4625

3737 F35 5in Whole Grain Hoagy 62g Klosterman Springboro

INGREDIENTS: Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid), Wheat Starch, Corn Syrup, Soy Lecithin, Calcium Sulfate.

Contains: Wheat, Soy

The Long Company Sample #118513

This product contains 15g Whole Grain per serving.
This product contains 17g Enriched Wheat Flour per serving.
This product contains 33g Total Creditable Grains per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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The Long Company Technical Services

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312.726.4606 FAX 312.726.4625

3744 Whole Grain Rich Hoagie Roll 66g Klosterman Spring

Nutrition Facts	
Serving Size (66g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 10%
Thiamin 20%	• Riboflavin 8%
Niacin 10%	• Folate 8%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118707

This product contains 19g Whole Grain per serving.

This product contains 16g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

By AL Bachman

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The Long Company Technical Services

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312.726.4606 FAX 312.726.4625

3744 Whole Grain Rich Hoagie Roll 66g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Wheat Starch, Soy Lecithin.

Contains: Wheat, Soy

The Long Company Sample #118707

This product contains 19g Whole Grain per serving.

This product contains 16g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

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The Long Company Technical Services

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312.726.4606 FAX 312.726.4625

3746 100% Whole Wheat Hoagie Roll 66g Klosterman Spring

Nutrition Facts	
Serving Size 1 Bun (66g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 25
<hr/>	
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 7g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%
Thiamin 15%	• Riboflavin 4%
Niacin 10%	• Folate 4%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118721

This product contains 34g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3746 100% Whole Wheat Hoagie Roll 66g Klosterman Spring

INGREDIENTS: Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Monoglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Soy Lecithin, Wheat Starch.

Contains: Wheat, Soy

The Long Company Sample #118721

This product contains 34g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



10/15/2015

By AL Bachman

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The Long Company Technical Services

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3920 Whole Grain Rich Pan Roll F#77 32g Klosterman Spgfld

Nutrition Facts	
Serving Size 1 Bun (32g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• Folate 4%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

By AL Bachman

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312.726.4606 FAX 312.726.4625

3920 Whole Grain Rich Pan Roll F#77 32g Klosterman Spgfld

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

THE LONG COMPANY
PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

10/15/2015

By AL Bachman

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312.726.4606 FAX 312.726.4625

3939 Whole Grain Rich Slammer F#77 32g Klosterman Spgfld

Nutrition Facts	
Serving Size 1 Bun (32g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• Folate 4%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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3939 Whole Grain Rich Slammer F#77 32g Klosterman Spgfld

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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7511 F201 Whole Wheat Slim Kroger 43g 8ct Klosterman Springboro

Nutrition Facts	
Serving Size 1 Slim (43g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 10
<hr/>	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 4g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 6%
Thiamin 10%	• Riboflavin 4%
Niacin 8%	• Folate 2%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #118516

This product contains 20g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

10/15/2015

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

7511 F201 Whole Wheat Slim Kroger 43g 8ct Klosterman Springboro

INGREDIENTS: Whole Wheat Flour, Water, Wheat Bran, Cellulose, Wheat Gluten, Sugar, Yeast, Contains 2% or less of the following: Soybean Oil, Dough Conditioners (Monoglycerides, DATEM, Ascorbic Acid, Polydextrose, Salt, Calcium Propionate (Preservative), Vinegar, Xanthan Gum, Calcium Sulfate, Sorbic Acid, Stevia (Rebaudioside A).

Contains: Wheat

The Long Company Sample #118516

This product contains 20g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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Multi Column: 503523C 100% Whole Wheat EM

Multi-Column

Nutrients	Per 100g	Nutrients	Per 100g
Basic Components		Vitamin B12 (mcg)	0.02
Gram Weight (g)	100.00	Biotin (mcg)	2.34
Calories (kcal)	221.47	Vitamin C (mg)	2.86
Calories from Fat (kcal)	21.76	Vitamin D - IU (IU)	0.64
Calories from SatFat (kcal)	6.65	Vitamin D - mcg (mcg)	0
Protein (g)	12.02	Vitamin E - Alpha-Toco (mg)	0.41
Carbohydrates (g)	40.99	Folate (mcg)	25.35
Dietary Fiber (g)	6.11	Folate, DFE (mcg)	23.44
Soluble Fiber (g)	1.09	Vitamin K (mcg)	1.74
Total Sugars (g)	1.09	Pantothenic Acid (mg)	0.33
Monosaccharides (g)	0.00	Minerals	
Disaccharides (g)	0.00	Calcium (mg)	80.89
Other Carbs (g)	33.12	Chromium (mcg)	0.02
Fat (g)	2.42	Copper (mg)	0.22
Saturated Fat (g)	0.74	Fluoride (mg)	0.04
Mono Fat (g)	0.28	Iodine (mcg)	0
Poly Fat (g)	1.04	Iron (mg)	2.82
Trans Fatty Acid (g)	0.01	Magnesium (mg)	77.92
Cholesterol (mg)	0	Manganese (mg)	2.16
Water (g)	42.24	Molybdenum (mcg)	—
Vitamins		Phosphorus (mg)	206.56
Vitamin A - IU (IU)	7.56	Potassium (mg)	214.51
Vitamin A - RE (RE)	0.51	Selenium (mcg)	32.86
Vitamin A - RAE (RAE)	0.25	Sodium (mg)	440.07
Carotenoid RE (RE)	0.51	Zinc (mg)	1.65
Retinol RE (RE)	0	Poly Fats	
Beta-Carotene (mcg)	2.79	Omega 3 Fatty Acid (g)	0.07
Vitamin B1 (mg)	0.49	Omega 6 Fatty Acid (g)	0.79
Vitamin B2 (mg)	0.16	Other Nutrients	
Vitamin B3 (mg)	2.83	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	4.83	Caffeine (mg)	0
Vitamin B6 (mg)	0.23	Choline (mg)	16.59