

CHOCOLATE ICED CUSTARD FILLED

08/22/2013

Nutrition Facts

Serving Size 1 Doughnut (85g)

Amount Per Serving

Calories 350 **Calories from Fat 190**

% Daily Value*

Total Fat 22g **34%**

 Saturated Fat 9g **45%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 35g **12%**

 Dietary Fiber 1g **4%**

 Sugars 17g

 Other Carbohydrate 5g

Protein 4g

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 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

INGREDIENTS: WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PALM OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, COTTONSEED OIL, BHT AND CITRIC ACID), SUGAR, CORN SYRUP SOLIDS, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, YEAST, SOY FLOUR, CORN STARCH, COCOA, TAPIOCA STARCH, SALT, MONO AND DIGLYCERIDES, SOYBEAN OIL, WHEAT GLUTEN, CANOLA OIL, SOY LECITHIN, NON FAT DRY MILK, WHEY, ETHOXYLATED MONO AND DIGLYCERIDES, EGG YOLKS WITH SILICON DIOXIDE, CALCIUM PROPIONATE (TO MAINTAIN FRESHNESS), CALCIUM SULFATE, CELLULOSE GUM, PHOSPHORIC ACID, MONOCALCIUM PHOSPHATE, FLAVOR, ARTIFICIAL COLOR, MALTODEXTRIN, POLYSORBATE 60, CHOCOLATE LIQUOR, SODIUM HEXAMETAPHOSPHATE, SODIUM CASEINATE (MILK), ENZYME MODIFIED SOY PROTEIN, AMMONIUM SULFATE, CALCIUM CARBONATE, NATURAL AND ARTIFICIAL FLAVOR, SODIUM BENZOATE, ASCORBIC ACID, SORBITAN MONOSTEARATE, SILICON DIOXIDE, POTASSIUM SORBATE, SODIUM BICARBONATE, AMYLASE, DICALCIUM PHOSPHATE, TRICALCIUM PHOSPHATE, CALCIUM PEROXIDE, DIAMMONIUM PHOSPHATE, YELLOW 5, YELLOW 6.

Contains Egg, Milk, Soy, Wheat.