

CHOCOLATE ICED GLAZED CRULLER 61614

07/11/2013

Nutrition Facts

Serving Size 1 Doughnut (70g)
Servings Per Container 6

Amount Per Serving

Calories 300 **Calories from Fat** 160

% Daily Value*

Total Fat 18g **28%**

 Saturated Fat 7g **35%**

 Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 250mg **10%**

Total Carbohydrate 34g **11%**

 Dietary Fiber 1g **4%**

 Sugars 21g

 Other Carbohydrate 9g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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: SUGAR, VEGETABLE SHORTENING (PALM OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, COTTONSEED OIL, BHT AND CITRIC ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CORN STARCH, DEXTROSE, EGG YOLKS, CORN SYRUP SOLIDS, SOY FLOUR, COCOA, WHEY, NON FAT DRY MILK, SODIUM ACID PYROPHOSPHATE, CORN SYRUP, SODIUM BICARBONATE, SALT, TAPIOCA STARCH, SOY LECITHIN, SODIUM PROPIONATE (TO MAINTAIN FRESHNESS), MODIFIED FOOD STARCH, MONO AND DIGLYCERIDES, CALCIUM SULFATE, XANTHAN GUM, GUAR GUM, PROPYLENE GLYCOL MONOESTERS, POLYSORBATE 60, CHOCOLATE LIQUOR, SODIUM HEXAMETAPHOSPHATE, SODIUM CASEINATE (MILK), ENZYME MODIFIED SOY PROTEIN, AGAR, NATURAL AND ARTIFICIAL FLAVOR, SILICON DIOXIDE, PALM OIL, DISODIUM PHOSPHATE, LOCUST BEAN GUM.

Contains Egg, Milk, Soy, Wheat.