

# GLAZED SOUR CREAM

08/26/2013

## Nutrition Facts

Serving Size 1 Doughnut (80g)

Amount Per Serving

**Calories 360**    **Calories from Fat 190**

% Daily Value\*

**Total Fat 22g**                      **34%**

    Saturated Fat 9g                      **45%**

    Trans Fat 0g

**Cholesterol 20mg**                      **7%**

**Sodium 240mg**                      **10%**

**Total Carbohydrate 42g**              **14%**

    Dietary Fiber 1g                      **4%**

    Sugars 28g

    Other Carbohydrate 11g

**Protein 2g**

Vitamin A 0%                      •    Vitamin C 0%

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: SUGAR, VEGETABLE SHORTENING (PALM OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, COTTONSEED OIL, BHT AND CITRIC ACID), WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, EGG YOLKS, SOY FLOUR, WHEY, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, SOYBEAN OIL, DEXTROSE, SALT, SOY LECITHIN, NON FAT DRY MILK, SODIUM PROPIONATE (TO MAINTAIN FRESHNESS), CELLULOSE GUM, CALCIUM SULFATE, MONO AND DIGLYCERIDES, AGAR, ETHOXYLATED MONO AND DIGLYCERIDES, PROPYLENE GLYCOL MONOESTERS, MODIFIED FOOD STARCH, NATURAL AND ARTIFICIAL FLAVOR, DISODIUM PHOSPHATE, LOCUST BEAN GUM, PROPYLENE GLYCOL.

Contains Egg, Milk, Soy, Wheat.