

TRADITIONAL CAKE

08/22/2013

Nutrition Facts

Serving Size 1 Doughnut (57g)

Amount Per Serving

Calories 230 **Calories from Fat 140**

% Daily Value*

Total Fat 15g **23%**

 Saturated Fat 6g **30%**

 Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 340mg **14%**

Total Carbohydrate 20g **7%**

 Dietary Fiber 1g **4%**

 Sugars 3g

 Other Carbohydrate 12g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 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

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (PALM OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, COTTONSEED OIL, BHT AND CITRIC ACID), SUGAR, SOYBEAN OIL, EGG YOLKS, CORN SYRUP SOLIDS, DEXTROSE, SOY FLOUR, WHEY, NON FAT DRY MILK, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, SALT, TAPIOCA STARCH, SOY LECITHIN, SODIUM PROPIONATE (TO MAINTAIN FRESHNESS), MODIFIED FOOD STARCH, MONO AND DIGLYCERIDES, XANTHAN GUM, GUAR GUM, PROPYLENE GLYCOL MONOESTERS, NATURAL AND ARTIFICIAL FLAVOR, SILICON DIOXIDE, PALM OIL.

Contains Egg, Milk, Soy, Wheat.