

# GLAZED HONEY BUN

07/09/2014

## Nutrition Facts

Serving Size 1 Honey Bun (80g)

Amount Per Serving

**Calories 320**    **Calories from Fat 160**

% Daily Value\*

**Total Fat 19g**                      **29%**

    Saturated Fat 8g                  **40%**

    Trans Fat 0g

**Cholesterol 5mg**                      **2%**

**Sodium 160mg**                        **7%**

**Total Carbohydrate 37g**            **12%**

    Dietary Fiber 1g                    **4%**

    Sugars 19g

    Other Carbohydrate 4g

**Protein 3g**

Vitamin A 0%            •    Vitamin C 2%

Calcium 10%            •    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

Allergens: Contains Egg, Milk, Soy, Wheat