

SUGAR DOUGHNUT

06/04/2014

Nutrition Facts	
Serving Size 1 Doughnut (45g)	
Amount Per Serving	
Calories 180	Calories from Fat 100
<hr/>	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 9g	
Other Carbohydrate 0g	
Protein 2g	
<hr/>	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 4%
*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

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	

Allergens: Contains Egg, Milk, Soy, Wheat

GLAZED CHOCOLATE CAKE

04/24/2014

Nutrition Facts

Serving Size 1 Doughnut (80g)

Amount Per Serving

Calories 330 **Calories from Fat** 200

% Daily Value*

Total Fat 22g **34%**

 Saturated Fat 9g **45%**

 Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 330mg **14%**

Total Carbohydrate 32g **11%**

 Dietary Fiber 0g **0%**

 Sugars 20g

 Other Carbohydrate 8g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Allergens: Contains Egg, Milk, Soy, Wheat

GLAZED BLUEBERRY CAKE

08/26/2013

Nutrition Facts

Serving Size 1 Doughnut (80g)

Amount Per Serving

Calories 370 **Calories from Fat** 220

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 210mg **9%**

Total Carbohydrate 39g **13%**

Dietary Fiber 1g **4%**

Sugars 27g

Other Carbohydrate 10g

Protein 2g

Vitamin A 0% • **Vitamin C** 0%

Calcium 4% • **Iron** 4%

*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