

CHOCOLATE ICED GLAZED

04/23/2014

Nutrition Facts	
Serving Size 1 Doughnut (63g)	
Amount Per Serving	
Calories 240	Calories from Fat 100
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	% Daily Value*
Total Fat 12g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 21g	
Other Carbohydrate 1g	
Protein 3g	
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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

CHOCOLATE ICED CUSTARD FILLED

08/22/2013

Nutrition Facts

Serving Size 1 Doughnut (85g)

Amount Per Serving

Calories 350 **Calories from Fat** 190

% Daily Value*

Total Fat 22g **34%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 35g **12%**

Dietary Fiber 1g **4%**

Sugars 17g

Other Carbohydrate 5g

Protein 4g

Vitamin A 0% • **Vitamin C** 6%

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

CHOCOLATE ICED KREME FILLED

04/25/2014

Nutrition Facts

Serving Size 1 Doughnut (85g)

Amount Per Serving

Calories 340 **Calories from Fat 150**

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 7g **35%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 42g **14%**

 Dietary Fiber 1g **4%**

 Sugars 24g

 Other Carbohydrate 2g

Protein 4g

Vitamin A 0% • Vitamin C 10%

Calcium 4% • 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