

DOUGHNUT HOLE GLAZED CAKE = 4 HOLES

06/05/2014

Nutrition Facts

Serving Size 4 Pieces (51g)

Amount Per Serving

Calories 190 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 4g **20%**

 Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 230mg **10%**

Total Carbohydrate 24g **8%**

 Dietary Fiber 1g **4%**

 Sugars 12g

Protein 2g

Vitamin A 0% • Vitamin C 0%

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 Milk, Soy, Wheat

DOUGHNUT HOLE GLAZED CHOCOLATE CAKE = 4 HOLES

06/05/2014

Nutrition Facts

Serving Size 4 Holes (51g)

Amount Per Serving

Calories 180 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4g **20%**

 Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 220mg **9%**

Total Carbohydrate 21g **7%**

 Dietary Fiber 0g **0%**

 Sugars 11g

Protein 2g

Vitamin A 0% • Vitamin C 0%

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

DOUGHNUT HOLE GLAZED BLUEBERRY CAKE= 4 HOLES

06/05/2014

Nutrition Facts	
Serving Size 4 Holes (51g)	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 230mg	10%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
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