

DIPPED JUNIORS - 16 ct Snack Bag

07/09/2014

Nutrition Facts

Serving Size 3 Doughnuts (65g)

Servings Per Container About 5

Amount Per Serving

Calories 310 Calories from Fat 190

% Daily Value*

Total Fat 22g **34%**

Saturated Fat 14g **70%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 280mg **12%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 1g **4%**

 Sugars 14g

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

Allergens: Contains Egg, Milk, Soy, Wheat

POWDERED JUNIORS - Snack Bag

08/25/2014

Nutrition Facts

Serving Size 3 doughnuts (52g)
Servings Per Container About 5

Amount Per Serving

Calories 250 **Calories from Fat** 140

% Daily Value*

Total Fat 16g **25%**

 Saturated Fat 6g **30%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 320mg **13%**

Total Carbohydrate 26g **9%**

 Dietary Fiber 1g **4%**

 Sugars 9g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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