

PLAIN JUNIORS

07/12/2013

Nutrition Facts

Serving Size 4 doughnuts (43g)
Servings Per Container About 1.5

Amount Per Serving

Calories 190 **Calories from Fat** 120

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 290mg **12%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 1g

Other Carbohydrate 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

POWDERED JUNIORS

07/12/2013

Nutrition Facts

Serving Size 4 Pieces (56g)
Servings Per Container About 1.5

Amount Per Serving

Calories 240 Calories from Fat 120

% Daily Value*

Total Fat 14g **22%**

 Saturated Fat 6g **30%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 280mg **12%**

Total Carbohydrate 26g **9%**

 Dietary Fiber 1g **4%**

 Sugars 11g

 Other Carbohydrate 12g

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

CINNAMON JUNIORS

07/12/2013

Nutrition Facts

Serving Size 4 Pieces (56g)
Servings Per Container About 1.5

Amount Per Serving

Calories 240 **Calories from Fat** 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 6g **30%**

 Trans Fat 0.5g

Cholesterol 20mg **7%**

Sodium 280mg **12%**

Total Carbohydrate 26g **9%**

 Dietary Fiber 1g **4%**

 Sugars 11g

 Other Carbohydrate 12g

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

DIPPED JUNIORS

07/12/2013

Nutrition Facts

Serving Size 4 Pieces (60g)
Servings Per Container About 1.5

Amount Per Serving

Calories 290 **Calories from Fat** 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 240mg **10%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **4%**

Sugars 14g

Other Carbohydrate 8g

Protein 2g

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