

ORIGINAL GLAZED DOUGHNUT

08/22/2013

Nutrition Facts

Serving Size 1 Doughnut (49g)

Amount Per Serving

Calories 190 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 5g **25%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 21g **7%**

 Dietary Fiber 1g **4%**

 Sugars 10g

 Other Carbohydrate 0g

Protein 2g

Vitamin A 0% • Vitamin C 4%

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

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (PALM OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, COTTONSEED OIL, BHT AND CITRIC ACID), SUGAR, DEXTROSE, YEAST, SOY FLOUR, CORN STARCH, SALT, MONO AND DIGLYCERIDES, WHEAT GLUTEN, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, SOY LECITHIN, DRIED EGG YOLK, CALCIUM PROPIONATE (TO MAINTAIN FRESHNESS), NON FAT DRY MILK, ETHOXYLATED MONO AND DIGLYCERIDES, CELLULOSE GUM, LECITHIN, MALTODEXTRIN, AGAR, NATURAL AND ARTIFICIAL FLAVOR, ASCORBIC ACID, SORBITAN MONOSTEARATE, SODIUM BICARBONATE, DISODIUM PHOSPHATE, LOCUST BEAN GUM, AMMONIUM SULPHATE.

Contains Egg, Milk, Soy, Wheat.