



Ingredient Statement and Nutritional Information

#5488 Chocolate Iced Plain Donut

INGREDIENTS: DONUT: ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, PALM OIL, SOYBEAN OIL, EGG YOLK, SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT, DRY WHEY, NONFAT MILK SOLIDS, WHEAT STARCH, SOY LECITHIN [AN EMULSIFIER], NONFAT DRY MILK, SPICE, CELLULOSE GUM, DEXTROSE, NATURAL AND ARTIFICIAL FLAVORS, CORN STARCH, BETA CAROTENE [AS COLOR], CITRIC ACID, ALPHA TOCOPHEROLS [AS PRESERVATIVE], SILICON DIOXIDE, CORN OIL. **ICING:** SUGAR, WATER, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN, COTTONSEED, AND/OR CANOLA), CORN SYRUP, COCOA (PROCESSED WITH ALKALI, CONTAINS 2% OR LESS OF: CORN SYRUP SOLIDS, CORN STARCH, SOYBEAN OIL, SALT, SOYA LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, CHOCOLATE LIQUOR, CALCIUM SULFATE, CALCIUM CARBONATE, AGAR, DEXTROSE, LOCUST BEAN GUM, TITANIUM DIOXIDE, MONO AND DIGLYCERIDES, POLYSORBATE 60. **CONTAINS WHEAT, MILK, EGG, AND SOY INGREDIENTS.**

Nutrition Facts

Serv. Size: 2/3 donut (58g), Servings: About 1, Amount Per Serving: **Calories** 230, Fat Cal. 100, **Total Fat** 11g (17%DV), Sat. Fat 4.5g (24%DV), *Trans* Fat 0.5g, **Cholest.** 20mg (6%DV), **Sodium** 280mg (11%DV), **Total carb.** 30g (10%DV), Fiber 1g (3%DV), Sugars 17g, **Protein** 3g, Vitamin A (0%DV), Vitamin C (0%DV), Calcium (2%DV), Iron (8%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.