



## Ingredient Statement and Nutritional Information

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### #9795 Glazed Donut Hole

**INGREDIENTS: DONUT:** ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, PARTIALLY HYDROGENATED SOYBEAN 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. **GLAZE:** SUGAR, WATER, CORN STARCH, CORN SYRUP, CALCIUM CARBONATE, AGAR, NATURAL AND ARTIFICIAL FLAVOR, SALT, MONO AND DIGLYCERIDES. **CONTAINS WHEAT, MILK, EGG, AND SOY INGREDIENTS.**

## **Nutrition Facts**

Serv. Size: 3 donut holes (63g), Servings: 1, Amount Per Serving: **Calories** 190, Fat Cal. 50, **Total Fat** 6g (9%DV), Sat. Fat 1g (6%DV), *Trans* Fat 1.5g, **Cholest.** 25mg (8%DV), **Sodium** 340mg (14%DV), **Total carb.** 32g (11%DV), Fiber 1g (3%DV), Sugars 15g, **Protein** 3g, Vitamin A (0%DV), Vitamin C (0%DV), Calcium (2%DV), Iron (10%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.