



Ingredient Statement and Nutritional Information

#5470 Plain Cake 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. **CONTAINS WHEAT, MILK, EGG, AND SOY INGREDIENTS.**

<p>Nutrition Facts Serv. Size: 1 donut (65g), Servings: 1, Amount Per Serving: Calories 260, Fat Cal. 120, Total Fat 14g (21%DV), Sat. Fat 6g (32%DV), <i>Trans</i> Fat 0g, Cholest. 30mg (9%DV), Sodium 400mg (17%DV), Total carb. 30g (10%DV), Fiber 1g (3%DV), Sugars 11g, Protein 4g, 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.</p>
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