



Ingredient Statement and Nutritional Information

#5074 Plain Sour Cream 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, DEXTROSE, SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), WHEAT STARCH, NONFAT MILK SOLIDS, SALT, DRY EGG YOLK, DRY WHEY, CORN SYRUP SOLIDS, SOY LECITHIN, MONO & DIGLYCERIDES WITH BHT [AS PRESERVATIVE], SOUR CREAM (CREAM, CULTURED NONFAT MILK, LACTIC ACID, ALPHA TOCOPHEROLS AS PRESERVATIVE), ARTIFICIAL FLAVORS, SODIUM DIACETATE AND SODIUM PROPIONATE [AS PRESERVATIVE], CITRIC ACID, GUAR GUM, CELLULOSE GUM, MALTODEXTRIN, FOOD STARCH-MODIFIED, CORN OIL, BETA CAROTENE, PROPYLENE GLYCOL, CORN STARCH, SILICON DIOXIDE, ALPHA TOCOPHEROLS [AS PRESERVATIVE]. CONTAINS WHEAT, MILK, EGG, AND SOY INGREDIENTS.

Nutrition Facts

Serv. Size: 1 donut (58g), Servings: 1,
Amount Per Serving: **Calories** 250, Fat Cal. 120, **Total Fat** 14g (21%DV), Sat. Fat 6g (32%DV), *Trans* Fat 0g, **Cholest.** 10mg (3%DV), **Sodium** 320mg (13%DV), **Total carb.** 28g (9%DV), Fiber 1g (3%DV), Sugars 11g, **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.