

# Plain Cake Donut

86600

2/6/2019

<b>Nutrition Facts</b>		Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size	1 Donut (57g)	<b>Total Fat</b>	14g 22%	<b>Total Carb.</b>	22g 7%
Serv. Per Cont.	About 1	Sat Fat	5g 25%	Fiber	1g 3%
<b>Calories</b>	220	Trans Fat	0g	Sugars	8g
Calories from Fat	130	<b>Cholesterol</b>	15mg 5%	<b>Protein</b>	3g 6%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		<b>Sodium</b>	270mg 11%		
		Vitamin A	2%	Vitamin C	0%
		Calcium	0%	Iron	2%

INGREDIENTS: Donut Mix (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Dried Egg Yolks, Nonfat Dry Milk, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Pregelatinized Wheat Starch, Salt, Soy Lecithin, Dextrose, Spices, Artificial Flavor, Beta Carotene [color], Whey, Cellulose Gum), Water, Shortening (Interesterified High Oleic Soybean Oil, Soybean Oil). CONTAINS: WHEAT, SOY, EGGS, MILK