

Rich's Homestyle Chocolate Iced Cake Donut (3/6/17)

Nutrition Facts	
Serving Size 1 donut (99g/3.5oz)	
Amount Per Serving	
Calories 420	Calories from Fat 210
	% Daily Value*
Total Fat 23g	35%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 580mg	24%
Total Carbohydrate 50g	17%
Dietary Fiber 1g	6%
Sugars 24g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: CAKE DONUT: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), PALM OIL, SUGAR, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: DEFATTED SOY FLOUR, EGG YOLKS, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DEXTROSE, WHEAT STARCH, SALT, SKIM MILK, MODIFIED WHEAT STARCH, POTATO FLOUR, ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE.

CHOCOLATE ICING: SUGAR, WATER, CORN SYRUP, COCOA ALKALI PROCESSED, CONTAINS LESS THAN 2% OF THE FOLLOWING: CHOCOLATE LIQUOR (MANUFACTURED ON EQUIPMENT THAT PROCESSES MILK), TO PRESERVE FRESHNESS (POTASSIUM SORBATE, SODIUM BENZOATE), SALT, HYDROGENATED PALM OIL, PHOSPHORIC ACID, AGAR, SOY LECITHIN.

CONTAINS: WHEAT, MILK, EGGS, SOY