

AK Maple Iced Long John (6/2018)

Nutrition Facts	
Serving Size 1 long john (121.00g/4.3oz)	
Amount Per Serving	
Calories 510	Calories from Fat 180
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 9g	44%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 75g	25%
Dietary Fiber 1g	5%
Sugars 34g	
Protein 7g	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 15%
* 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: Donut: Enriched Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Dextrose, Contains 2% or less of: Cellulose Gum, Eggs, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Lemon Oil, Potato Flour, Salt, Sodium Stearoyl Lactylate, Soy Flour, Water, Whey, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake, Shortening: Palm Oil, Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Yeast, Sorbitan Monostearate, ascorbic acid, **Icing:** Sugar, Water, Corn Syrup, Contains 2% or Less of: Agar-Agar, Artificial Flavor, Caramel Color, Citric Acid, Corn Starch, Guar Gum, Pectin, Preservative (Potassium Sorbate), Salt, Sodium Hexametaphosphate, Stearic Acid, Sulfites, Yellow 6, Sugar, Water, Corn Syrup, Contains 2% or Less of: Mono- and Diglycerides, Artificial Flavor, Agar, Potassium Sorbate (Preservative), Citric Acid, Locust Bean Gum, Titanium Dioxide (Color).

Contains: Wheat, Milk, Egg, Soy

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