



# Lund Food Holdings, Inc.

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## 86129—Caramel Apple Cake Donut

<b>Nutrition Facts</b>	
Serving Size 1 Donut (75g) Serving Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 310	Calories from Fat 150
<b>% Daily Values*</b>	
<b>Total Fat</b> 16g	<b>25 %</b>
Saturated Fat 4g	<b>20 %</b>
<i>Trans</i> Fat 6g	%
Polyunsaturated Fat 0	%
Monounsaturated Fat 4.5g	%
<b>Cholesterol</b> 10mg	<b>4 %</b>
<b>Sodium</b> 340mg	<b>14 %</b>
<b>Total Carbohydrate</b> 36g	<b>12 %</b>
Dietary Fiber 1g	<b>6 %</b>
Sugars 21g	%
<b>Protein</b> 3g	<b>7 %</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 10%
Vitamin E 0%	• Vitamin B6 0%
* 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 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	• Carbohydrates 4 • Protein 4

**INGREDIENTS:** Donut Mix (enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, whole wheat flour, soybean oil, soy flour, leavening [sodium acid pyrophosphate, baking soda], dry egg yolk, dry whey, salt, natural & artificial flavor, partially hydrogenated vegetable oil [soybean], soy lecithin, nonfat milk solids, cellulose gum, pasteurized sweet cream, wheat starch, dried apples, caramel color, propylene glycol, beta carotene as color, sodium caseinate, BHT, citric acid, silicon dioxide.), Caramel Icing, Water, Shortening (partially hydrogenated soybean oil), Peanuts, Natural Apple Flavor (propylene glycol, natural flavors and ethyl alcohol).

**CONTAINS:** EGGS, MILK, PEANUTS, SOY, WHEAT

08/25/09, DH