



Lund Food Holdings, Inc.

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86173—Maple Iced Long John

Nutrition Facts

Serving Size 1 Donut (115g)
 Serving Per Container about 12

Amount Per Serving			
Calories	330	Calories from Fat 100	
		% Daily Values*	
Total Fat	12g		18 %
Saturated Fat	2.5g		14 %
<i>Trans</i> Fat	2.5g		%
Polyunsaturated Fat	0		%
Monounsaturated Fat	2.5g		%
Cholesterol	less than 5 milligrams.		0 %
Sodium	320mg		14 %
Total Carbohydrate	68g		23 %
Dietary Fiber	less than 1 gram		3 %
Sugars	45g		%
Protein	4g		8 %
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	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: Vanilla Icing (sugar syrup, corn syrup, sugar, vegetable shortening (partially hydrogenated soybean and cottonseed oil), contains two percent or less of the following: water, salt, titanium dioxide (for color), propyl paraben (preservative) and artificial flavor), Donut Base (enriched wheat flour bleached (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dextrose, soybean oil, salt, leavening (sodium acid pyrophosphate, baking soda), soy flour, dry whey, mono & diglycerides with BHT and citric acid as preservatives, sodium stearoyl lactylate, nonfat milk solids, wheat starch, corn oil, beta carotene as color), Flour (wheat flour, malted barley flour), Water, Dough, Shortening (partially hydrogenated soybean oil), Maple Flavor (water, propylene glycol, caramel color, natural and artificial flavors), Yeast.

CONTAINS: WHEAT, SOY, MILK

04/02/09, DH