

Old Fashioned Glazed Blueberry Donut

86153

4/13/2012

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size	1 Donut (80g)	Total Fat	22g 34%	Total Carb.	47g 16%
Serv. Per Cont.	About 1	Sat Fat	6g 28%	Fiber	<1g 2%
Calories	400	Trans Fat	9g	Sugars	31g
Calories from Fat	200	Cholesterol	10mg 4%	Protein	2g 4%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium	230mg 10%		
		Vitamin A	0%	Vitamin C	0%
		Calcium	0%	Iron	6%

INGREDIENTS: Sour Cream Old Fashioned Donut Mix (enriched wheat flour bleached (flour, malted barley flour, niacin, reduced iron, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, corn flour, soy flour, wheat starch, dry egg yolk, leavening (sodium acid pyrophosphate, baking soda), salt, sour cream (cultured nonfat milk, lactic acid, alpha tocopherols (as preservative), dry whey, soy lecithin, sodium propylene (preservative), dextrose, mono& diglycerides with BHT (as preservative), propylene glycol, artificial flavor, corn starch, silicon dioxide, corn oil, beta carotene (as color)), alpha tocopherols (as preservatives), citric acid), water, Blueberries, Glaze (sugar, Glaze Sugar (sugar, maltodextrin), High Fructose Corn Syrup, Glaze Stabiizer (calcium carbonate, sugar, calcium sulfate, dextrose, agar, locust bean gum, sodium hexametaphosphate), Shortening (partially hydrogenated soybean oil), Butter and Vanilla Flavor (water, propylene glycol. Contains 2% or less of: vanillin, xanthan gum, natural & artificial flavor, sodium benzoate, heliotropine crystals, artificial color [Yellow #5 and Yellow #6], citric acid), Vanilla Flavor, Salt (salt, yellow prussiate of soda)), Shortening (partially hydrogenated soybean oil).
CONTAINS: WHEAT, SOY, EGGS, MILK