

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

| Nutrition Facts | |
|---|--------------------------------|
| Serving Size 1 donut (99g/3.5oz) | |
| Amount Per Serving | |
| Calories 430 | Calories from Fat 210 |
| | % Daily Value* |
| Total Fat 23g | 35% |
| Saturated Fat 11g | 55% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 560mg | 23% |
| Total Carbohydrate 50g | 17% |
| Dietary Fiber less than 1g | 4% |
| Sugars 25g | |
| 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.

GLAZE: SUGAR, WATER, CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: HONEY, TO PRESERVE FRESHNESS (SORBIC ACID, POTASSIUM SORBATE), CARRAGEENAN, PECTIN, AGAR, CITRIC ACID, COLORED WITH (CARAMEL COLOR).

CONTAINS: WHEAT, MILK, EGGS, SOY