

# Rich's Classic Chocolate Iced Raised Donut (3/6/17)

<b>Nutrition Facts</b>	
Serving Size 1 donut (85g/3oz)	
Amount Per Serving	
<b>Calories 370</b>	<b>Calories from Fat 180</b>
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 9g	<b>46%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 41g</b>	<b>14%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 15g	
<b>Protein 5g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 0%</b>	• <b>Iron 10%</b>
* 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 BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, WATER, WHEY (A MILK DERIVATIVE), DEXTROSE, YEAST, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, DEFATTED SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DISTILLED MONOGLYCERIDES, SKIM MILK, WHEAT GLUTEN, SODIUM STEAROYL LACTYLATE, TO PRESERVE FRESHNESS (CALCIUM PROPIONATE), CELLULOSE GUM, GUAR GUM, XANTHAN GUM, ASCORBIC ACID, COLORED WITH (BETA CAROTENE).

**CHOCOLATE ICING:** SUGAR, WATER, CORN SYRUP, COCOA ALKALI PROCESSED, CONTAINS LESS THAN 2% OF THE FOLLOWING: CHOCOLATE LIQUOR (MANUFACTURED ON EQUIPMENT THAT PROCESSES MILK), TO PRESERVE FRESHNESS (POTASSIUM SORBATE, SODIUM BENZOATE), SALT, HYDROGENATED PALM OIL, PHOSPHORIC ACID, AGAR, SOY LECITHIN.

**CONTAINS: WHEAT, MILK, SOY**