

# Rich's Chocolate Iced Bavarian Crème Bismark (3/6/17)

<b>Nutrition Facts</b>	
Serving Size 1 donut (99g/3.5oz)	
Amount Per Serving	
<b>Calories 370</b>	<b>Calories from Fat 160</b>
	<b>% Daily Value*</b>
<b>Total Fat 18g</b>	<b>28%</b>
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 370mg</b>	<b>16%</b>
<b>Total Carbohydrate 44g</b>	<b>15%</b>
Dietary Fiber 1g	6%
Sugars 20g	
<b>Protein 4g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 0%</b>	• <b>Iron 8%</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: BISMARCK:** ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, WHEY (A MILK DERIVATIVE), CORN SYRUP, PALM OIL, DEXTROSE, SUGAR, MODIFIED CORNSTARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: SKIM MILK, YEAST, VEGETABLE SHORTENING (PALM AND SOYBEAN OILS, MONO AND DIGLYCERIDES, POLYSORBATE 60, TO PRESERVE FRESHNESS (TBHQ)), SOYBEAN OIL, SALT, DEFATTED SOY FLOUR, TO PRESERVE FRESHNESS (POTASSIUM SORBATE, CALCIUM PROPIONATE), COLORED WITH (TITANIUM DIOXIDE, BETA CAROTENE) PHOSPHORIC ACID, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, ARTIFICIAL COLORS (YELLOW 5, YELLOW 6), GUAR GUM, XANTHAN GUM, EGG WHITES.

**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, EGGS, SOY**