

CHOCOLATE GLAZED DOUGHNUT

Serving Size: 1 Doughnut

Calories 210

Calories from Fat 110

Total Fat (g) 12

Saturated fat (g) 5

Trans Fat (g) 0

Cholesterol (mg) 0

Sodium (mg) 95

Total Carbohydrates (g) 25

Dietary Fiber (g) less than 1 gram

Sugars (g) 12

Protein (g) 3

ALLERGENS- CONTAINS:



EGG



MILK



SOY



WHEAT

Ingredients: Doughnut (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Soybean Oil, Sugar. Contains 2% or Less of Each of the Following: Yeast, Soy Lecithin, Hydrogenated Soybean Oil, Mono- and Diglycerides, Salt, Wheat Gluten, Monocalcium Phosphate, Dried Milk Powder, Cellulose Gum, Lecithin, Maltodextrin, Ascorbic Acid, Calcium Propionate (To Maintain Freshness), Sorbitan Monostearate, Tocopherols, Enzymes, Oat Fiber, Dried Egg Yolks), Chocolate Glaze (Sugar, Water, Cocoa Powder (Processed with Alkali), Soybean Oil, Palm Oil, Corn Starch, Corn Syrup Solids, Cocoa Liquor, Calcium Sulfate and/or Calcium Carbonate, Soy Lecithin, Salt, Agar, Chocolate Liquor, Enzyme Modified Soy Protein, Polysorbate 60, Sodium Caseinate (Milk), Sodium Hexametaphosphate, Artificial Flavor, Dextrose, TBHQ, Mono and Diglycerides, Natural and Artificial Flavors, Disodium Phosphate, Locust Bean Gum).

Our facilities produce products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat allergies.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



