



### Doughnuts Nutritionals

DESCRIPTION	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate Glazed Doughnut	1 Doughnut	210	110	12	5	0.0	0	95	25	less than 1 gram	12	3
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, BHT, Dried Milk Powder, Cellulose Gum, Lecithin, Maltodextrin, Calcium Propionate (To Maintain Freshness), Ascorbic Acid, Sorbitan Monostearate, Tocopherols, Enzymes, Oat Fiber, 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). <b>Contains: Wheat, Soy, Milk, Egg.</b>												

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.

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