

Donut Connection

Bismark with Apple Raspberry Filling and Donut Sugar

Artificially Flavored
Fried in Dawn #00896962 ZGTF Fry Shortening

Nutrition Facts			
Serving Size 100g (3.5oz or 1 Bismark)			
Amount Per Serving			
Calories 340 Calories from Fat 130			
		% Daily Value	
Total Fat 14g			22%
Saturated Fat 7g			35%
<i>Trans</i> Fat .5g			
Cholesterol 0mg			0%
Sodium 240mg			10%
Total Carbohydrate 50g			17%
Dietary Fiber 0g			0%
Sugars 28g			
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Thiamine 15%	Riboflavin 6%		
Niacin 8%	Calcium 0%		
Iron 8%	Folic Acid 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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per Gram:			
Fat – 9			
Carbohydrate – 4			
Protein - 4			

INGREDIENTS: ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, WATER, PALM OIL, HIGH FRUCTOSE CORN SYRUP, SUGAR, WHEY, CORN STARCH, SOYBEAN OIL, FOOD STARCH-MODIFIED, RED RASPBERRIES, YEAST, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED OIL), COTTONSEED OIL, APPLE JUICE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), MONO & DIGLYCERIDES, SOY FLOUR, TITANIUM DIOXIDE (AS COLOR), RICE FLOUR, SODIUM STEAROYL LACTYLATE, AGAR, CITRIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), PROPYLENE GLYCOL, NATURAL AND ARTIFICIAL FLAVOR, CARRAGEENAN, RED 40, WHEAT STARCH, CORN OIL, BETA CAROTENE AS COLOR, ALPHA TOCOPHEROLS AS PRESERVATIVE, APO CAROTENAL, TURMERIC (AS COLOR), ASCORBIC ACID (DOUGH CONDITIONER), TRICALCIUM PHOSPHATE. 021108

CONTAINS MAJOR FOOD ALLERGENS (WHEAT, MILK, SOY)

Note: Nutrition statement and ingredient legend are for a finished product following label directions. Because shop conditions will vary, you may wish to confirm nutrition with an accredited laboratory.

Note: This nutritional analysis has been generated by the Dawn Label Ready™ Program. Dawn Food Products, Inc. cannot guarantee, nor shall be liable for the accuracy of this data when it is combined with other nutritional data systems, or when this food product contains ingredients other than those added by Dawn Food Products, Inc.

