

# Donut Connection

## Iced Bismark with Blueberry Filling

Artificially Flavored  
Fried in Dawn #00896962 ZGTF Fry Shortening

<b>Nutrition Facts</b>			
Serving Size 91g (3.2oz or 1 Bismark)			
<b>Amount Per Serving</b>			
<b>Calories</b> 290 Calories from Fat 120			
		<b>% Daily Value</b>	
<b>Total Fat</b>	13g		20%
Saturated Fat	7g		35%
<i>Trans</i> Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	270mg		11%
<b>Total Carbohydrate</b>	40g		13%
Dietary Fiber	0g		0%
Sugars	20g		
<b>Protein</b>	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), WATER, SUGAR, PALM OIL, HIGH FRUCTOSE CORN SYRUP, BLUEBERRIES, WHEY, FOOD STARCH-MODIFIED, SOYBEAN OIL, YEAST, COTTONSEED OIL, CORN SYRUP, DEXTROSE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), CORN STARCH, INVERT SUGAR, MONO & DIGLYCERIDES, SOY FLOUR, CITRIC ACID, SODIUM STEAROYL LACTYLATE, COCOA PROCESSED WITH ALKALI, PROPYLENE GLYCOL, POTASSIUM SORBATE AND SODIUM BENZOATE AND SODIUM PROPIONATE AND SORBIC ACID (AS PRESERVATIVES), PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED OIL), SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR, AGAR, TITANIUM DIOXIDE (AS COLOR), RED 40, BLUE 1, YELLOW 5, YELLOW 6, SORBITOL, SOY LECITHIN, WHEAT STARCH, MALTODEXTRIN, CORN OIL, BETA CAROTENE AS COLOR, APO CAROTENAL, GLYCERIN, TURMERIC (AS COLOR), SODIUM SULFATE, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID (DOUGH CONDITIONER), TRICALCIUM PHOSPHATE. 021508

**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.

