

Donut Connection

Plain Cake Donut

Fried in Dawn #00896962 ZGTF Fry Shortening

Nutrition Facts			
Serving Size 59g (2.1oz or 1 Donut)			
Amount Per Serving			
Calories 230 Calories from Fat 100			
		% Daily Value	
Total Fat	11g		17%
Saturated Fat	5g		25%
<i>Trans</i> Fat	0g		
Cholesterol	20mg		7%
Sodium	350mg		15%
Total Carbohydrate	29g		10%
Dietary Fiber	1g		4%
Sugars	10g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Thiamine	10%	Riboflavin	8%
Niacin	6%	Calcium	2%
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), NONFAT MILK, SUGAR, PALM OIL, EGG YOLK, SOYBEAN OIL, SOY FLOUR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), COTTONSEED OIL, SALT, WHEAT STARCH, DEXTROSE, SODIUM PROPIONATE (AS PRESERVATIVE), SOY LECITHIN, SPICE, SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, GLUCONO DELTA LACTONE, MONO & DIGLYCERIDES, ARTIFICIAL FLAVOR, CORN OIL, BETA CAROTENE AS COLOR, CORN STARCH, CITRIC ACID, ALPHA TOCOPHEROLS AS PRESERVATIVE. 021808

CONTAINS MAJOR FOOD ALLERGENS (WHEAT, MILK, EGGS, 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.

