

# Rich's Homestyle Plain Cake Donut (3/6/17)

<b>Nutrition Facts</b>	
Serving Size 1 donut (85g/3oz)	
<b>Amount Per Serving</b>	
<b>Calories 380</b>	<b>Calories from Fat 210</b>
	<b>% Daily Value*</b>
<b>Total Fat 23g</b>	<b>35%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 560mg</b>	<b>23%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein 4g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 0%</b>	• <b>Iron 10%</b>
* 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 65 g      80 g
Saturated Fat	Less than 20 g      25 g
Cholesterol	Less than 300 mg      300 mg
Sodium	Less than 2,400 mg      2,400 mg
Total Carbohydrate	300 g      375 g
Dietary Fiber	25 g      30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS: CAKE DONUT:** ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), PALM OIL, SUGAR, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: DEFATTED SOY FLOUR, EGG YOLKS, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DEXTROSE, WHEAT STARCH, SALT, SKIM MILK, MODIFIED WHEAT STARCH, POTATO FLOUR, ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE.

**CONTAINS: WHEAT, MILK, EGGS, SOY**