

Rich's Classic Glazed Raised Donut (3/6/17)

Nutrition Facts	
Serving Size 1 donut (85g/3oz)	
Amount Per Serving	
Calories 370	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 9g	46%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 42g	14%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 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 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: DONUT: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, WATER, WHEY (A MILK DERIVATIVE), DEXTROSE, YEAST, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, DEFATTED SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DISTILLED MONOGLYCERIDES, SKIM MILK, WHEAT GLUTEN, SODIUM STEAROYL LACTYLATE, TO PRESERVE FRESHNESS (CALCIUM PROPIONATE), CELLULOSE GUM, GUAR GUM, XANTHAN GUM, ASCORBIC ACID, COLORED WITH (BETA CAROTENE).

SUGAR, WATER, CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: HONEY, TO PRESERVE FRESHNESS (SORBIC ACID, POTASSIUM SORBATE), CARRAGEENAN, PECTIN, AGAR, CITRIC ACID, COLORED WITH (CARAMEL COLOR).

CONTAINS: WHEAT, MILK, SOY