

# Rich's Chocolate Iced Bavarian Crème Long John (3/6/17)

<b>Nutrition Facts</b>	
Serving Size 1 donut (99g/3.5oz)	
Amount Per Serving	
<b>Calories 360</b>	<b>Calories from Fat 160</b>
% Daily Value*	
<b>Total Fat 18g</b>	<b>28%</b>
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 44g</b>	<b>15%</b>
Dietary Fiber 1g	6%
Sugars 19g	
<b>Protein 4g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 0%</b>	• <b>Iron 8%</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: LONG JOHN:** NRICHED BLEACHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM AND/OR COTTONSEED AND/OR CANOLA OIL, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: YEAST, DEXTROSE, SALT, MODIFIED CORNSTARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), NATURAL AND ARTIFICIAL FLAVOR, COLORED WITH (BETA CAROTENE ,TITANIUM DIOXIDE), TO PRESERVE FRESHNESS (SORBIC ACID), AGAR AGAR, ASCORBIC ACID, CORN OIL, CORNSTARCH, EGGS, MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, SOY FLOUR, WHEY (A MILK DERIVATIVE), ARTIFICIAL COLOR (YELLOW 5, YELLOW 6), CITRIC ACID.

**CHOCOLATE ICING:** SUGAR, WATER, CORN SYRUP, COCOA ALKALI PROCESSED, CONTAINS LESS THAN 2% OF THE FOLLOWING: CHOCOLATE LIQUOR (MANUFACTURED ON EQUIPMENT THAT PROCESSES MILK), TO PRESERVE FRESHNESS (POTASSIUM SORBATE, SODIUM BENZOATE), SALT, HYDROGENATED PALM OIL, PHOSPHORIC ACID, AGAR, SOY LECITHIN.  
**CONTAINS: WHEAT, MILK, EGGS, SOY**