

AK Glazed Old Fashioned Donut (6/2018)

Nutrition Facts	
Serving Size 1 donut (142.00g/5oz)	
Amount Per Serving	
Calories 670	Calories from Fat 290
	% Daily Value*
Total Fat 32g	50%
Saturated Fat 16g	81%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 450mg	19%
Total Carbohydrate 88g	29%
Dietary Fiber 1g	5%
Sugars 57g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%
* 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 Wheat Flour (wheat flour, malted barley flour, enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Soybean Oil, Defatted Soy Flour, Dairy Product Solids (Milk), Dextrose, Contains 2% or Less of each of the following: Wheat Starch, Dried Egg Yolks, Salt, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Mono & Diglycerides, Soy Lecithin, Natural & Artificial Flavors, Spice, Beta Carotene (color), **Glaze:** Water, Sugar, Cornstarch, Sugar, Dextrose, Agar, Locust Bean Gum, Water, Propylene Glycol, Natural & Artificial Flavors & Caramel Color, **Shortening:** Palm Oil.

Contains: Wheat, Milk, Egg, Soy.

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