

AK Chocolate Iced Bavarian Filled Long John (6/2018)

Nutrition Facts	
Serving Size 1 long john (162.00g/5.7oz)	
Amount Per Serving	
Calories 560	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 10g	51%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 79g	26%
Dietary Fiber 2g	6%
Sugars 34g	
Protein 7g	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• 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 (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Dextrose, Contains 2% or less of: Cellulose Gum, Eggs, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Lemon Oil, Potato Flour, Salt, Sodium Stearoyl Lactylate, Soy Flour, Water, Whey, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake, **Shortening:** Palm Oil, Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Yeast, Sorbitan Monostearate, ascorbic acid, **Bavarian Crème Filling:** Water, High Fructose Corn Syrup, Corn Syrup, Food Starch – Modified, Vegetable Shortening (palm oil, and mono and diglycerides, Polysorbate 60, Citric Acid as antioxidant), Soybean Oil, Salt, Sodium Benzoate and Potassium Sorbate (as preservatives), Titanium Dioxide (color), Phosphoric Acid, Natural and Artificial Flavors, Yellow 5, Yellow 6,(R13529), **Icing:** Sugar, Water, Corn Syrup, Palm Oil, Soybean Oil, Cocoa Processed with Alkali, Contains 2% or Less of: Caramel Color, Cellulose Gum, Citric Acid, Cocoa Powder, Mono- and Diglycerides, Natural and Artificial Flavor, Preservatives (Potassium Sorbate, Sorbic Acid), Salt, Soy Lecithin, Sulfites, Xanthan Gum, Sugar, Water, Corn Syrup, Contains 2% or Less of: Mono- and Diglycerides, Artificial Flavor, Agar, Potassium Sorbate (Preservative), Citric Acid, Locust Bean Gum, Titanium Dioxide (Color).

Contains: Wheat, Milk, Egg, Soy