

AK Maple Iced Bavarian Filled Bismark (6/2018)

Nutrition Facts	
Serving Size 1 bismark (141g/5oz)	
Amount Per Serving	
Calories 610	Calories from Fat 310
% Daily Value*	
Total Fat 34g	52%
Saturated Fat 16g	82%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 67g	22%
Dietary Fiber 1g	5%
Sugars 31g	
Protein 6g	
Vitamin A 0%	• Vitamin C 2%
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 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, Contains 2% or Less of: Agar-Agar, Artificial Flavor, Caramel Color, Citric Acid, Corn Starch, Guar Gum, Pectin, Preservative (Potassium Sorbate), Salt, Sodium Hexametaphosphate, Stearic Acid, Sulfites, Yellow 6, 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

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