



French Donut

Nutrition Facts	
Serving Size 1 donut (40g)	
Amount Per Serving	
Calories 160	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 160mg	7%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*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 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients

WATER, PALM AND/OR COTTONSEED AND/OR CANOLA OIL, WHEAT STARCH, EGG YOLKS, CONTAINS 2% OR LESS OF: DEFATTED SOY FLOUR, EGG WHITES, GLUCONO DELTA-LACTONE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), MONO- AND DIGLYCERIDES, NONFAT MILK, SALT, SODIUM CASEINATE, WHEY, YELLOW CORN FLOUR.

Allergens

Contains Egg, Milk, Soy, Wheat.

Note: This nutritional analysis has been generated using ESHA Genesis R&D Nutritional Software. Donut Connection cannot guarantee, nor shall be liable for the accuracy of this data when it is combined with other nutritional data systems, or when this food product contains ingredients other than those added by Donut Connection.