



Serving Size Nutrition

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Description Mi Panadería® Plain Churros

Nutrition Facts			
Serving Size		1 churro (60 g)	
Amount Per Serving			
Calories	210	Calories from Fat	90
			% Daily Value*
Total Fat	10g		16%
Saturated Fat	1g		6%
<i>Trans</i> Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		7%
Total Carbohydrates	26g		9%
Dietary Fiber	1g		5%
Sugars	1g		
Protein	4g		
Vitamin A	0 %	Vitamin C	0 %
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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per Gram:			
Fat		9	
Carbohydrates		4	
Protein		4	

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES), WATER, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SUNFLOWER OIL, COTTONSEED OIL, PALM OIL, SOYBEAN OIL), CONTAINS 2% OR LESS OF: EGG WHITES, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, AMMONIUM CARBONATE), SALT, VITAL WHEAT GLUTEN, CORN STARCH, SUGAR, MODIFIED FOOD STARCH, DEXTROSE, MONO AND DIGLYCERIDES, GUAR GUM, ARTIFICIAL FLAVOR, YEAST, SOY FLOUR, NONFAT MILK.

CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS.

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.