



100 Gram Nutrition

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Description Old Fashioned Sour Cream Cake Donut

Artificially Flavored

Based on 100 Grams of Bakery Product

Moisture	8.37	g
Ash	2.07	g
Calories		390
Protein	7.27	g
Total Carbohydrate	72.99	g
Total Fiber	2.00	g
Insoluble Fiber	0.86	g
Soluble Fiber	0.62	g
Sugar	28.98	g
Sugar Alcohols	0.00	g
Fat	7.70	g
Saturated Fat	1.56	g
Monounsaturated Fat	1.51	g
Polyunsaturated Fat	3.67	g
<i>Trans</i> Fat	0.08	g
Cholesterol	37.27	mg
Sodium	748.27	mg
Potassium	125.31	mg
Vitamin A	38.92	IU
Vitamin C	0.23	mg
Thiamine	0.41	mg
Riboflavin	0.26	mg
Niacin	3.16	mg
Calcium	42.17	mg
Iron	2.91	mg
Phosphorous	321.60	mg
Folic Acid	84.32	ug
Sulfites	3	ppm

INGREDIENTS: ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, SOY FLOUR, DRY EGG YOLK, WHEAT STARCH, SOUR CREAM SOLIDS (CULTURED SOUR CREAM, MALTODEXTRIN, CULTURED BUTTERMILK, CULTURED SKIM MILK, WHEY, LACTIC ACID), LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY LECITHIN, SALT, NONFAT DRY MILK, ARTIFICIAL FLAVORS, MONO & DIGLYCERIDES, CELLULOSE GUM, SODIUM DIACETATE (AS PRESERVATIVE), MALTODEXTRIN, FOOD STARCH-MODIFIED, CORN STARCH, CORN OIL, BETA CAROTENE AS COLOR, WATER, ALPHA TOCOPHEROLS AS PRESERVATIVE.

CONTAINS MAJOR FOOD ALLERGENS (WHEAT, SOY, EGGS, MILK)

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.