



Serving Size Nutrition

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Description Raised A® Pershings

Nutrition Facts			
Serving Size		1 donut (85 g/3 oz)	
Amount Per Serving			
Calories	340	Calories from Fat	170
		% Daily Value*	
Total Fat	19g		29%
Saturated Fat	9g		45%
<i>Trans</i> Fat	0g		
Cholesterol	0mg		0%
Sodium	410mg		17%
Total Carbohydrates	36g		12%
Dietary Fiber	1g		4%
Sugars	4g		
Protein	6g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %
Thiamine	10 %	Riboflavin	6 %
Niacin	8 %	Folic Acid	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 WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PALM AND/OR COTTONSEED AND/OR CANOLA OIL), WATER, SOYBEAN OIL, **CONTAINS 2% OR LESS OF:** ALPHA TOCOPHEROL AS PRESERVATIVE, ASCORBIC ACID (AS DOUGH CONDITIONER), BETA CAROTENE (AS COLOR), CINNAMON, CORN OIL, CORNSTARCH, DEXTROSE, EGGS, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, SALT, SODIUM STEAROYL LACTYLATE, SOY FLOUR, SUGAR, WHEY, YEAST.

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

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.

