



Regular Buttermilk Cake Donut

100 GRAM NUTRITION

<u>Nutrient</u>	<u>Per 100g</u>	<u>Nutrient</u>	<u>Per 100g</u>
Water (g)	9.24	Vitamin C (mg)	0.25
Calories (kcal)	377.19	Thiamine (mg)	0.38
Protein (g)	7.69	Riboflavin (mg)	0.34
Carbohydrates (g)	74.72	Niacin (mg)	2.92
Dietary Fiber (g)	1.84	Folic Acid (mcg)	95.76
Soluble Fiber (g)	0.19	Calcium (mg)	65.37
Insoluble Fiber (g)	0.16	Iron (mg)	2.67
Total Sugars (g)	25.12	Potassium (mg)	162.50
Sugar Alcohol (g)	0	Phosphorus (mg)	398.76
Fat (g)	5.17	Sodium (mg)	949.33
Saturated Fat (g)	1.17	Zinc (mg)	0.31
Mono Fat (g)	0.87	Sulfites (ppm)	2.41
Poly Fat (g)	2.29		
Trans Fatty Acid (g)	0.05		
Cholesterol (mg)	35.06		
Vitamin A (IU)	60.97		

Ingredients

ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BUTTERMILK, DEXTROSE, SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), CONTAINS 2% OR LESS OF: CELLULOSE GUM, DEFATTED SOY FLOUR, EGG YOLKS, MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY LECITHIN, SPICE, WHEAT STARCH.

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