

Description Unfilled Bismark Donut

Nutrition Facts			
Serving Size		1 donut (57 g/2 oz)	
Amount Per Serving			
Calories	230	Calories from Fat	120
			% Daily Value*
Total Fat	13g		20%
Saturated Fat	6g		30%
<i>Trans</i> Fat	0g		
Cholesterol	0mg		0%
Sodium	280mg		12%
Total Carbohydrates	23g		8%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	4g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %
Thiamine	10 %	Riboflavin	4 %
Niacin	4 %	Folic Acid	6 %
*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	2,400mg	2,400mg
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), CORN OIL, CORNSTARCH, DEXTROSE, EGGS, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, SALT, SODIUM STEAROYL LACTYLATE, SOY FLOUR, WHEY, YEAST.

CONTAINS MAJOR FOOD ALLERGENS (WHEAT, SOY, MILK, 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