



Ingredient Statement and Nutritional Information

#5116 Glazed Blueberry Cake Donut

INGREDIENTS: DONUT: ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, PALM OIL, SOY FLOUR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), DRY EGG YOLK, DRY WHEY, SALT, WHEAT STARCH, NONFAT MILK SOLIDS, NATURAL AND ARTIFICIAL FLAVOR, SOY LECITHIN, GUAR GUM, WHEAT FIBER CONCENTRATE, CELLULOSE GUM, PROPYLENE GLYCOL, FD&C RED #40, FD&C BLUE #1, DRIED BLUEBERRIES, GLYCERIN, CITRIC ACID. **GLAZE:** SUGAR, WATER, MALTODEXTRIN, CONTAINS 2% OR LESS OF: SOYBEAN OIL, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND COTTONSEED), CORN STARCH, AGAR, CALCIUM CARBONATE, MONO & DIGLYCERIDES WITH BHT AS PRESERVATIVE, LOCUST BEAN GUM, CITRIC ACID, SALT, SOY LECITHIN.. **CONTAINS WHEAT, MILK, EGG, AND SOY INGREDIENTS.**

Nutrition Facts

Serv. Size: 2/3 donut (56g), Servings: About 1, Amount Per Serving: **Calories** 210, Fat Cal. 80, **Total Fat** 9g (14%DV), Sat. Fat 4.5g (22%DV), *Trans* Fat 0g, **Cholest.** 10mg (3%DV), **Sodium** 270mg (11%DV), **Total carb.** 31g (10%DV), Fiber 1g (3%DV), Sugars 16g, **Protein** 2g, Vitamin A(0%DV), Vitamin C (0%DV), Calcium (4%DV), Iron (6%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.