



Ingredient Statement and Nutritional Information

10777 U of M Donut

INGREDIENTS: DONUT: ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, PALM OIL, SOYBEAN OIL, EGG YOLK, SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT, DRY WHEY, NONFAT MILK SOLIDS, WHEAT STARCH, SOY LECITHIN [AN EMULSIFIER], NONFAT DRY MILK, SPICE, CELLULOSE GUM, DEXTROSE, NATURAL AND ARTIFICIAL FLAVORS, CORN STARCH, BETA CAROTENE [AS COLOR], CITRIC ACID, ALPHA TOCOPHEROLS [AS PRESERVATIVE], SILICON DIOXIDE, CORN OIL. **ICING:** SUGAR, WATER, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND COTTONSEED), CORN SYRUP, CORN STARCH, CONTAINS 2% OR LESS OF: SALT, NATURAL AND ARTIFICIAL FLAVORS, HIGH FRUCTOSE CORN SYRUP, GLYCERINE, FD&C YELLOW #5, MODIFIED FOOD STARCH, FD&C BLUE #1, FD&C RED #3, CITRIC ACID, CALCIUM SULFATE, CALCIUM CARBONATE, MONO AND DIGLYCERIDES, AGAR, FD&C RED #40, FD&C BLUE #2, DEXTROSE, LOCUST BEAN GUM, TITANIUM DIOXIDE, POLYSORBATE 60, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CARRAGEENAN GUM, XANTHAN GUM. **CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.**

Nutrition Facts

Serv. Size: 2/3 donut (60g), Servings: About 1, Amount Per Serving: **Calories** 230, Fat Cal. 90, **Total Fat** 10g (16%DV), Sat. Fat 4.5g (23%DV), *Trans* Fat 0.5g, **Cholest.** 20mg (6%DV), **Sodium** 270mg (11%DV), **Total carb.** 33g (11%DV), Fiber 1g (2%DV), Sugars 19g, **Protein** 2g, Vitamin A (0%DV), Vitamin C (0%DV), Calcium (2%DV), Iron (8%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.