



Ingredient Statement and Nutritional Information

#5751 Blueberry Bismark

INGREDIENTS: **YEAST DONUT:** ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, YEAST, DEXTROSE, SOYBEAN OIL, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SOY FLOUR, DRY WHEY, MONO & DIGLYCERIDES WITH BHT AND CITRIC ACID [AS PRESERVATIVES], SODIUM STEAROYL LACTYLATE, NONFAT MILK SOLIDS, NONFAT DRY MILK, WHEAT STARCH, CORN OIL, BETA CAROTENE [AS COLOR], ENZYMES, CITRIC ACID, SILICON DIOXIDE, ALPHA TOCOPHEROLS [AS PRESERVATIVE], WHOLE EGG. **FILLING:** WATER, HIGH FRUCTOSE CORN SYRUP, BLUEBERRIES, MODIFIED FOOD STARCH, SUGAR, EVAPORATED APPLES (PRESERVED WITH SULFUR DIOXIDE), SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CITRIC ACID, SALT, CORN SYRUP SOLIDS, PROPYLENE GLYCOL, NATURAL AND ARTIFICIAL FLAVOR, LEMON JUICE, FD&C RED #40, FD&C BLUE #1, LEMON OIL, SODIUM CITRATE, SODIUM SULFATE. **ICING:** SUGAR, WATER, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND COTTONSEED), CORN SYRUP, CORN STARCH, CONTAINS 2% OR LESS OF: SALT, HIGH FRUCTOSE CORN SYRUP, NATURAL AND ARTIFICIAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM SULFATE, CALCIUM CARBONATE, MONO AND DIGLYCERIDES, AGAR, DEXTROSE, LOCUST BEAN GUM, CARRRAGEENAN GUM, GLYCERINE, XANTHAN GUM, TITANIUM DIOXIDE, FD&C BLUE #1, FD&C RED #3, POLYSORBATE 60, METHYL PARABEN AND PROPYL PARABEN (AS PRESERVATIVES). **CONTAINS WHEAT, MILK, EGG, AND SOY INGREDIENTS.**

<p>Nutrition Facts Serv. Size: 1/3 donut (46g), Servings: 3, Amount Per Serving: Calories 130, Fat Cal. 50, Total Fat 6g (9%DV), Sat. Fat 2.5g (12%DV), <i>Trans</i> Fat 0g, Cholest. 0mg (0%DV), Sodium 130mg (5%DV), Total carb. 22g (7%DV), Fiber 0g (0%DV), Sugars 11g, Protein 2g, Vitamin A (0%DV), Vitamin C (0%DV), Calcium (0%DV), Iron (4%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
