

# Raised Long John with Chocolate Icing

86172

2/6/2019

<b>Nutrition Facts</b>		Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size	1 Donut (99g)				
Serv. Per Cont.	About 1				
<b>Calories</b>	370				
Calories from Fat	160				
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
		<b>Total Fat</b>	18g 28%	<b>Total Carb.</b>	48g 16%
		Sat Fat	6g 30%	Fiber	1g 4%
		Trans Fat	0g	Sugars	22g
		<b>Cholesterol</b>	0mg 0%	<b>Protein</b>	4g 8%
		<b>Sodium</b>	350mg 15%		
		Vitamin A	2%	Vitamin C	0%
		Calcium	0%	Iron	6%

INGREDIENTS: Donut (Donut Base [Enriched Wheat Flour {Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid}, Dextrose, Soybean Oil, Salt, Defatted Soy Flour, Dried Whey, Leavening {Sodium Acid Pyrophosphate, Sodium Bicarbonate}, 2% or less of Mono- & Diglycerides, Soy Fiber, Sodium Stearoyl Lactylate, Diacetyl Tartaric Acid Esters of Mono- & Diglycerides, Nonfat Dry Milk, Enzyme {Maltodextrin, Mineral Oil, Enzyme, Potato Starch}, Turmeric Oleoresin {color}, Annatto Extract {color}, Guar Gum, Ascorbic Acid, Dried Egg Whites], Water, Patent Flour [Enriched Wheat Flour {Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid}, Malted Barley Flour], Pastry Flour [Unbleached Enriched Wheat Flour {Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid}], Yeast, Soybean Oil, Sugar), Chocolate Icing (Sugar, Water, Corn Syrup, Vegetable Shortening [Palm Oil, Fully Hydrogenated Cottonseed Oil], Cocoa [processed with alkali], 2% or less of: Cocoa, Soybean Oil, Corn Syrup Solids, Caramel Color, Agar, Potassium Sorbate [preservative], Soy Lecithin, Citric Acid, Salt, Locust Bean Gum, Mono- & Diglycerides, Natural & Artificial Flavor), Shortening (Interesterified High Oleic Soybean Oil, Soybean Oil). CONTAINS: WHEAT, SOY, MILK, EGGS