

# Rich's Classic Glazed Apple Fritter (3/6/17)

<b>Nutrition Facts</b>	
Serving Size 1 donut (137g/4.8oz)	
<b>Amount Per Serving</b>	
<b>Calories 560</b>	<b>Calories from Fat 250</b>
<b>% Daily Value*</b>	
<b>Total Fat 28g</b>	<b>43%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 70g</b>	<b>23%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 35g	
<b>Protein 6g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 25%</b>
<b>Calcium 4%</b>	• <b>Iron 15%</b>
* 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 65 g      80 g
Saturated Fat	Less than 20 g      25 g
Cholesterol	Less than 300 mg      300 mg
Sodium	Less than 2,400 mg      2,400 mg
Total Carbohydrate	300 g      375 g
Dietary Fiber	25 g      30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS: FRITTER:** NRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), PALM OIL, APPLES, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SKIM MILK, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: WHEY (A MILK DERIVATIVE), SUGAR, APPLE JUICE, SOYBEAN OIL, CINNAMON, MODIFIED CORNSTARCH, SALT, DEFATTED SOY FLOUR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), MONO AND DIGLYCERIDES, LEMON JUICE, SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, TO PRESERVE FRESHNESS (CALCIUM PROPIONATE, POTASSIUM SORBATE), GUAR GUM, XANTHAN GUM, COLORED WITH (BETA CAROTENE), NATURAL AND ARTIFICIAL FLAVOR (CONTAINS MILK INGREDIENTS), CITRIC ACID, EGG WHITES, NUTMEG.

**GLAZE:** SUGAR, WATER, CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: HONEY, TO PRESERVE FRESHNESS (SORBIC ACID, POTASSIUM SORBATE), CARRAGEENAN, PECTIN, AGAR, CITRIC ACID, COLORED WITH (CAMEL COLOR).

**CONTAINS: WHEAT, MILK, EGGS, SOY**