

# AK Plain Cake Donut (6/2018)

<b>Nutrition Facts</b>	
Serving Size 1 donut (71.00g/2.5oz)	
<b>Amount Per Serving</b>	
<b>Calories 420</b>	<b>Calories from Fat 280</b>
	<b>% Daily Value*</b>
<b>Total Fat 31g</b>	<b>48%</b>
Saturated Fat 16g	<b>79%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber less than 1g	<b>4%</b>
Sugars 11g	
<b>Protein 4g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 0%</b>	• <b>Iron 6%</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: Donut:** Enriched Wheat Flour (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Soybean Oil, Defatted Soy Flour, Leavening (sodium acid pyrophosphate, baking soda, Sodium Aluminum Phosphate), Contains 2% or Less of: Beta Carotene (color), Cellulose Gum, Corn Syrup Solids, Dextrose, Egg Yolks, Guar Gum, Mono- and Diglycerides, Natural & Artificial Flavor, Nonfat Milk, Preservative (Sodium Propionate), Propylene Glycol Mono- and Diesters of Fatty Acids, Salt, Soy Lecithin, Spice, Wheat Starch, Whey, Shortening: Palm Oil.

**Contains: Wheat, Milk, Egg, Soy**