

# AK Glazed Twist Donut (6/2018)

<b>Nutrition Facts</b>																						
Serving Size 1 donut (121.00g/4.3oz)																						
Amount Per Serving																						
<b>Calories 490</b>	<b>Calories from Fat 130</b>																					
<b>% Daily Value*</b>																						
<b>Total Fat 14g</b>	<b>22%</b>																					
Saturated Fat 5g	<b>26%</b>																					
Trans Fat 0g																						
<b>Cholesterol 0mg</b>	<b>0%</b>																					
<b>Sodium 390mg</b>	<b>16%</b>																					
<b>Total Carbohydrate 82g</b>	<b>27%</b>																					
Dietary Fiber 2g	<b>7%</b>																					
Sugars 27g																						
<b>Protein 10g</b>																						
Vitamin A 0%	• Vitamin C 2%																					
Calcium 0%	• Iron 20%																					
<p>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Calories: 2,000</th> <th style="text-align: center;">2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td style="text-align: center;">Less than 65 g</td> <td style="text-align: center;">80 g</td> </tr> <tr> <td>Saturated Fat</td> <td style="text-align: center;">Less than 20 g</td> <td style="text-align: center;">25 g</td> </tr> <tr> <td>Cholesterol</td> <td style="text-align: center;">Less than 300 mg</td> <td style="text-align: center;">300 mg</td> </tr> <tr> <td>Sodium</td> <td style="text-align: center;">Less than 2,400 mg</td> <td style="text-align: center;">2,400 mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td style="text-align: center;">300 g</td> <td style="text-align: center;">375 g</td> </tr> <tr> <td>Dietary Fiber</td> <td style="text-align: center;">25 g</td> <td style="text-align: center;">30 g</td> </tr> </tbody> </table>			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
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<p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p>																						

**Ingredients: Donut:** Enriched Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Dextrose, Contains 2% or less of: Cellulose Gum, Eggs, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Lemon Oil, Potato Flour, Salt, Sodium Stearoyl Lactylate, Soy Flour, Water, Whey, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake, Shortening: Palm Oil, Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Yeast, Sorbitan Monostearate, ascorbic acid, **Glaze:** Water, Sugar, Cornstarch, Sugar, Dextrose, Agar, Locust Bean Gum, Water, Propylene Glycol, Natural & Artificial Flavors & Caramel Color.

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

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