

AK Blueberry Fritter (6/2018)

Nutrition Facts	
Serving Size 1 fritter (172.00g/6.1oz)	
Amount Per Serving	
Calories 790	Calories from Fat 340
	% Daily Value*
Total Fat 38g	58%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 590mg	25%
Total Carbohydrate 102g	34%
Dietary Fiber 2g	8%
Sugars 43g	
Protein 11g	
Vitamin A 0%	• Vitamin C 4%
Calcium 2%	• Iron 20%
* 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: 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, **Blueberry Fruit Bits:** high fructose corn syrup, water, dehydrated apples (preserved with sodium sulfite), corn syrup, propylene glycol, food starch-modified, natural & artificial flavor, preservatives (sodium benzoate, sodium propionate, potassium sorbate), blue 1, red 40, citric acid, red 3, **Glaze:** Water, Sugar, Cornstarch, Sugar, Dextrose, Agar, Locust Bean Gum, Water, Propylene Glycol, Natural & Artificial Flavors & Caramel Color.

Contains: Wheat, Milk, Egg, Soy.