

Nutritional Information	Nutritional Information															
	Servings Per Container	Serving Size (in grams) **	Calories	Calories from Fat	Total Fat in grams	Saturated Fat in grams	Cholesterol in mg	Sodium in mg	Total Carbohydrate in grams	Dietary Fiber in grams	Sugars in grams	Protein in grams	Vitamin A in %	Vitamin C in %	Calcium in %	Iron in %
YEAST DOUGHNUTS																
Glazed Yeast Doughnut (Ring)	1	52	200	110	12	3	5	95	22	<1	10	2				
% Daily Value *					18	15	1	4	7	2			0	2	6	4
Yeast-Chocolate Iced Glazed Ring with Sprinkles (Ring)	1	69	260	110	12	3	5	100	36	<1	23	3				
% Daily Value *					19	15	1	4	12	3			0	2	6	4
Yeast Chocolate Iced Glazed Doughnut (Ring)	1	66	250	110	12	3	5	100	33	<1	21	3				
% Daily Value *					19	15	1	4	11	3			0	2	6	4
Yeast-Maple Iced Glazed (Ring)	1	66	250	110	12	3	5	100	34	<1	22	2				
% Daily Value *					18	15	1	4	11	2			0	2	6	4
Yeast-Cinnamon Bun	1	67	260	140	16	4	5	125	28	<1	13	3				
% Daily Value *					24	20	2	5	9	3			0	2	8	6
Yeast-Glazed Cinnamon	1	54	210	110	12	3	5	100	24	<1	12	2				
% Daily Value *					18	15	1	4	8	3			0	2	6	4
Yeast-Dulce De Leche (Filled)	1	75	290	160	18	4.5	5	160	30	<1	12	3				
% Daily Value *					27	23	2	7	10	2			0	2	10	8
Yeast-Glazed Pumpkin Spice Old Fashioned	1	80	340	160	18	4.5	20	310	42	<1	27	3				
% Daily Value *					28	21	7	13	14	3			0	0	2	8
Yeast-Sugar Doughnut	1	49	200	110	12	3	5	95	21	0	10	2				
% Daily Value *					18	15	1	4	7	0			0	2	8	4
Yeast-Cinnamon Twist	1	59	230	90	9	2.5	5	85	33	1	19	3				
% Daily Value *					15	12	2	4	11	4			0	2	6	4
Yeast-Glazed Twist	1	54	210	80	9	2.5	5	80	28	<1	16	3				
% Daily Value *					14	12	2	3	9	3			0	2	6	4
Yeast-Cranapple Crunch Filled	1	92	330	170	18	4.5	5	140	38	<1	20	3				
% Daily Value *					28	24	2	6	13	3			0	2	8	8
CAKE DOUGHNUTS																
Traditional Cake Doughnut	1	57	220	120	13	3	20	320	25	<1	9	3				
% Daily Value *					20	15	7	13	8	2			0	0	2	8
Traditional Cake-Chocolate Iced Doughnut	1	69	270	120	13	3	20	320	36	<1	20	3				
% Daily Value *					21	15	7	13	12	2			0	0	2	8
Powdered Sugar Cake Doughnut	1	66	260	120	13	3	20	320	33	<1	15	3				
% Daily Value *					21	16	7	13	11	2			0	0	2	8
Cake-Glazed Cruller	1	54	240	130	14	3.5	15	240	26	<1	14	2				
% Daily Value *					22	17	6	10	9	2			0	0	2	6
Cake-Chocolate Iced Glazed Cruller	1	66	280	130	15	3.5	15	240	35	<1	23	2				
% Daily Value *					23	17	6	10	12	2			0	0	2	6
Glazed Devil's Food Old Fashioned Cake Doughnut	1	80	340	160	18	4.5	20	310	42	<1	27	3				
% Daily Value *					28	21	7	13	14	3			0	0	2	8
Glazed Blueberry Old Fashioned Cake Doughnut	1	67	300	140	15	3	5	200	37	1	29	2				
% Daily Value *					23	15	2	8	12	4			0	0	2	6
Old Fashioned Sour Cream Cake Doughnut	1	67	280	100	11	2.5	20	210	41	0	22	3				
% Daily Value *					17	13	7	9	14	0			0	0	2	6
Vanilla Iced Cake with Sprinkles	1	75	280	120	13	3	20	320	39	<1	22	3				
% Daily Value *					20	15	7	13	13	2			0	0	2	8
Plain Mini Cake	4	58	250	130	14	4	15	370	27	1	15	4				
% Daily Value *					22	20	5	15	9	5			0	0	2	8
Powdered Sugar Mini Cake	3	48	210	90	10	2.5	>5	230	26	<1	16	2				
% Daily Value *					16	14	2	10	9	3			0	0	2	8
Chocolate (Enrobed) Mini Cake	3	55	270	160	17	9	10	240	26	3	16	3				
% Daily Value *													0	0	2	8
Old Fashioned Honey and Oat Doughnut	1	67	270	120	13	3	5	200	36	<1	25	3				

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your calories needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	275g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 / Carbohydrate 4 / Protein 4

** Frozen beverage serving size 16 ounces.

