

**Recipe: 27277 - FG 8523 Donut Recipe 148 White Iced Custard Bismark Mel O  
Creme West**

**Recipe Owing Business Unit: 20000 - West - Fargo  
Production Item: 20852300000 - Single Donut Recipe  
Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Donut (106g)		
Servings Per Container	About 400		
Amount Per Serving			
<b>Calories</b>	330	Calories from Fat	100
% Daily Value *			
<b>Total Fat</b>	11g		<b>17%</b>
Saturated Fat	5g		<b>25%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	300mg		<b>13%</b>
<b>Total Carbohydrate</b>	54g		<b>18%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	29g		
<b>Protein</b>	4g		
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	0%	<b>Iron</b>	0%
* 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	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Svegetable Oil (Palm, Soybean, And Cottonseed), Yeast, High Fructose Corn Syrup, Salt, Corn Syrup, Whey, Food Starch Modified, Defatted Soy Flour, Mono And Diglycerides, Extract Of Corn Flour And Malted Barley, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Nonfat Milk, Partially Hydrogenated Vegetable Oil (Soybean And Or Cottonseed Oil), Yellow Corn Flour, Sorbic Acid And Sodium Benzoate (As Preservatives), Titanium Dioxide (As Color), Sodium Stearoyl Lactylate, Datem, Egg Yolk With Sodium Silicoaluminate, Mono And Diglycerides With Bht As Preservative, Phosphoric Acid, Agar, Propylene Glycol, Glycerine, Natural Flavor, Bht, Citric Acid (Preservative), Artificial Flavor, Annatto And Turmeric Extract Color, Fd&C Yellow 5 And 6. Ingredients: Sugar, Water, Corn Syrup. Contains 2% Or Less Of Each Of The Following: Agar, Artificial Color, Potassium Sorbate (Preservative), Citric Acid, Natural And Artificial Flavor, Locust Bean Gum, Mono- And Diglycerides.

Allergens: WHEAT, MILK, SOY , EGGS, [Not an Allergen] ([Not an Allergen])

Bioengineered: None

**Recipe: 27562 - SC 8523 Donut Recipe 226 White Iced Custard Bismark  
W/Sprinkle Mel O Cr me West**

**Recipe Owing Business Unit: 500000 - West - St. Cloud**

**Production Item: 20852300000 - Single Donut Recipe**

**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Donut (115g)		
Servings Per Container	About 20		
Amount Per Serving			
<b>Calories</b>	370	Calories from Fat	110
% Daily Value *			
<b>Total Fat</b>	13g		<b>19%</b>
Saturated Fat	6g		<b>32%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	310mg		<b>13%</b>
<b>Total Carbohydrate</b>	60g		<b>20%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	33g		
<b>Protein</b>	4g		
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	0%	<b>Iron</b>	0%
* 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	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Svegetable Oil (Palm, Soybean, And Cottonseed), Yeast, High Fructose Corn Syrup, Salt, Corn Syrup, Whey, Food Starch Modified, Defatted Soy Flour, Mono And Diglycerides, Extract Of Corn Flour And Malted Barley, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Nonfat Milk, Partially Hydrogenated Vegetable Oil (Soybean And Or Cottonseed Oil), Yellow Corn Flour, Sorbic Acid And Sodium Benzoate (As Preservatives), Titanium Dioxide (As Color), Sodium Stearoyl Lactylate, Datem, Egg Yolk With Sodium Silicoaluminate, Mono And Diglycerides With Bht As Preservative, Phosphoric Acid, Agar, Propylene Glycol, Glycerine, Natural Flavor, Bht, Citric Acid (Preservative), Artificial Flavor, Annatto And Turmeric Extract Color, FD&C Yellow 5 And 6. Ingredients: Sugar, Water, Corn Syrup. Contains 2% Or Less Of Each Of The Following: Agar, Artificial Color, Potassium Sorbate (Preservative), Citric Acid, Natural And Artificial Flavor, Locust Bean Gum, Mono- And Diglycerides. Rainbow Sprinkles (Sugar, Corn Starch, Palm Oil And Palm Kernel Oil, Soy Lecithin, Dextrin, Carnauba Wax, Confectioner's Glaze, FD&C Yellow #5 Lake, FD&C Yellow #6 Lake, FD&C Blue #1 Lake, FD&C Red #40 lake, FD&C Red #3, FD&C Blue #2 & FD&C Red #40)

Allergens: WHEAT, MILK, SOY , EGGS, [Not an Allergen] ([Not an Allergen])

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 27564 - FG 8523 Donut Recipe 227 White Iced Custard Bismark W/Nuts  
Mel O Cr me West**

**Recipe Owing Business Unit: 200000 - West - Fargo  
Production Item: 20852300000 - Single Donut Recipe  
Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Donut (113g)		
Servings Per Container	About 400		
Amount Per Serving			
<b>Calories</b>	380	Calories from Fat	130
% Daily Value *			
<b>Total Fat</b>	15g		<b>22%</b>
Saturated Fat	6g		<b>28%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	300mg		<b>13%</b>
<b>Total Carbohydrate</b>	55g		<b>18%</b>
Dietary Fiber	<1g		<b>2%</b>
Sugars	30g		
<b>Protein</b>	6g		
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	0%	<b>Iron</b>	0%
* 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	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Svegetable Oil (Palm, Soybean, And Cottonseed), Yeast, High Fructose Corn Syrup, Salt, Corn Syrup, Whey, Food Starch Modified, Defatted Soy Flour, Mono And Diglycerides, Extract Of Corn Flour And Malted Barley, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Nonfat Milk, Partially Hydrogenated Vegetable Oil (Soybean And Or Cottonseed Oil), Yellow Corn Flour, Sorbic Acid And Sodium Benzoate (As Preservatives), Titanium Dioxide (As Color), Sodium Stearoyl Lactylate, Datem, Egg Yolk With Sodium Silicoaluminate, Mono And Diglycerides With Bht As Preservative, Phosphoric Acid, Agar, Propylene Glycol, Glycerine, Natural Flavor, Bht, Citric Acid (Preservative), Artificial Flavor, Annatto And Turmeric Extract Color, Fd&C Yellow 5 And 6. Ingredients: Sugar, Water, Corn Syrup. Contains 2% Or Less Of Each Of The Following: Agar, Artificial Color, Potassium Sorbate (Preservative), Citric Acid, Natural And Artificial Flavor, Locust Bean Gum, Mono- And Diglycerides. Dry Roasted Peanuts  
Allergens: WHEAT, MILK, SOY , EGGS, PEANUTS, [Not an Allergen] ([Not an Allergen])

Bioengineered: None

**Recipe: 27269 - FG Donut Recipe 144 White Iced Lemon Bismark Mel O Creme West**

**Recipe Owing Business Unit: 200000 - West - Fargo**  
**Production Item: 20852300000 - Single Donut Recipe**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Donut (106g)		
Servings Per Container	About 400		
Amount Per Serving			
<b>Calories</b>	310	Calories from Fat	100
% Daily Value *			
<b>Total Fat</b>	11g		<b>17%</b>
Saturated Fat	5g		<b>25%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	300mg		<b>13%</b>
<b>Total Carbohydrate</b>	50g		<b>17%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	26g		
<b>Protein</b>	4g		
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	0%	<b>Iron</b>	0%
* 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	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Ingredients: &nbsp;Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Vegetable Oil (Palm, Soybean, And Cottonseed), Yeast, Salt, Whey, High Fructose Corn Syrup, Defatted Soy Flour, Food Starch Modified, Corn Syrup, Mono And Diglycerides, Extract Of Corn Flour And Malted Barley, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Propylene Glycol, Nonfat Milk, Lemon Pulp, Yellow Corn Flour, Lemon Juice, Propylene Glycol Alginate, Sodium Stearoyl Lactylate, Datem, Egg Yolk With Sodium Silicoaluminate, Sodium Benzoate And Potassium Sorbate (As Preservatives), Locust Bean Gum, Citric Acid, Bht And Citric Acid To Help Preserve Flavor Natural And Artificial Flavor, Lemon Oil, Plysorbate 60, Annatto And Turmeric Extract Color, Fd&C Yellow 5. Ingredients: Sugar, Water, Corn Syrup. Contains 2% Or Less Of Each Of The Following: Agar, Artificial Color, Potassium Sorbate (Preservative), Citric Acid, Natural And Artificial Flavor, Locust Bean Gum, Mono- And Diglycerides. Allergens: WHEAT, MILK, SOY , EGGS, [Not an Allergen] ([Not an Allergen])

Bioengineered: None

**Recipe: 27604 - OM 8523 Donut Recipe 240 White Iced Lemon Bismark  
W/Sprinkle Mel O Cr me West**

**Recipe Owing Business Unit: 400000 - West - Omaha**

**Production Item: 20852300000 - Single Donut Recipe**

**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Donut (113g)		
Servings Per Container	About 400		
Amount Per Serving			
<b>Calories</b>	310	Calories from Fat	100
% Daily Value *			
<b>Total Fat</b>	11g		<b>17%</b>
Saturated Fat	5g		<b>25%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	300mg		<b>13%</b>
<b>Total Carbohydrate</b>	50g		<b>17%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	26g		
<b>Protein</b>	4g		
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	0%	<b>Iron</b>	0%
* 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	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Ingredients: &nbsp;Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Vegetable Oil (Palm, Soybean, And Cottonseed), Yeast, Salt, Whey, High Fructose Corn Syrup, Defatted Soy Flour, Food Starch Modified, Corn Syrup, Mono And Diglycerides, Extract Of Corn Flour And Malted Barley, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Propylene Glycol, Nonfat Milk, Lemon Pulp, Yellow Corn Flour, Lemon Juice, Propylene Glycol Alginate, Sodium Stearoyl Lactylate, Datem, Egg Yolk With Sodium Silicoaluminate, Sodium Benzoate And Potassium Sorbate (As Preservatives), Locust Bean Gum, Citric Acid, Bht And Citric Acid To Help Preserve Flavor Natural And Artificial Flavor, Lemon Oil, Plysorbate 60, Annatto And Turmeric Extract Color, Fd&C Yellow 5. , Ingredients: Sugar, Water, Corn Syrup. Contains 2% Or Less Of Each Of The Following: Agar, Artificial Color, Potassium Sorbate (Preservative), Citric Acid, Natural And Artificial Flavor, Locust Bean Gum, Mono- And Diglycerides. Allergens: WHEAT, MILK, SOY , EGGS, [Not an Allergen] ([Not an Allergen])

Bioengineered: None

**Recipe: 27605 - FG 8523 Donut Recipe 241 White Iced Lemon Bismark W/Nuts  
Mel O Cr me West**

**Recipe Owing Business Unit: 200000 - West - Fargo  
Production Item: 20852300000 - Single Donut Recipe  
Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts	
Serving Size	1 Donut (113g)
Servings Per Container	About 400
Amount Per Serving	
<b>Calories</b> 360	Calories from Fat 130
% Daily Value *	
<b>Total Fat</b> 15g	<b>22%</b>
Saturated Fat 6g	<b>28%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 51g	<b>17%</b>
Dietary Fiber <1g	<b>2%</b>
Sugars 27g	
<b>Protein</b> 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* 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 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fibre	25g 30g

Ingredients: Ingredients: &nbsp;Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Vegetable Oil (Palm, Soybean, And Cottonseed), Yeast, Salt, Whey, High Fructose Corn Syrup, Defatted Soy Flour, Food Starch Modified, Corn Syrup, Mono And Diglycerides, Extract Of Corn Flour And Malted Barley, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Propylene Glycol, Nonfat Milk, Lemon Pulp, Yellow Corn Flour, Lemon Juice, Propylene Glycol Alginate, Sodium Stearoyl Lactylate, Datem, Egg Yolk With Sodium Silicoaluminate, Sodium Benzoate And Potasisium Sorbate (As Preservatives),Locust Bean Gum, Citric Acid, Bht And Citric Acid To Help Preserve Flavor Natural And Artificial Flavor, Lemon Oil, Plysorbate 60, Annatto And Turmeric Extract Color, Fd&C Yellow 5. Ingredients: Sugar, Water, Corn Syrup. Contains 2% Or Less Of Each Of The Following: Agar, Artificial Color, Potassium Sorbate (Preservative), Citric Acid, Natural And Artificial Flavor, Locust Bean Gum, Mono- And Diglycerides. Dry Roasted Peanuts  
Allergens: WHEAT, MILK, SOY , EGGS, PEANUTS, [Not an Allergen] ([Not an Allergen])

Bioengineered: None

**Recipe: 27598 - FG 8523 Donut Recipe 237 White Iced Rasp Bismark W/Nuts Mel  
O Cr me West**

**Recipe Owing Business Unit: 20000 - West - Fargo  
Production Item: 20852300000 - Single Donut Recipe  
Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Donut (113g)		
Servings Per Container	About 400		
Amount Per Serving			
<b>Calories</b>	380	Calories from Fat	130
% Daily Value *			
<b>Total Fat</b>	15g		<b>22%</b>
Saturated Fat	5g		<b>25%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	290mg		<b>12%</b>
<b>Total Carbohydrate</b>	55g		<b>18%</b>
Dietary Fiber	2g		<b>6%</b>
Sugars	31g		
<b>Protein</b>	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	10%
* 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	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Ingredients: &nbsp;Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Vegetable Oil (Palm, Soybean, And Cottonseed), Yeast, Salt, High Fructose Corn Syrup, Whey, Corn Syrup, Defatted Soy Flour, Food Starch Modified, Red Raspberries, Mono And Diglycerides, Extract Of Corn Flour And Malted Barley, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Nonfat Milk, Yellow Corn Flour, Sodium Stearoyl Lactylate, Citric Acid, Sodium Benzoate, And Potassium Sorbate (As Preservatives), Datem, Egg Yolk With Sodium Silicoaluminate, Sodium Citrate, Malic Acid, Natural Flavor, Bht, Citric Acid (Preservative), Artificial Flavor, Guar Gum, Locust Bean Gum, Propylene Glycol, Annatto And Turmeric Extract Color, Fd&C Red 40 And Blue 1, Sodium Sulfate. Ingredients: Sugar, Water, Corn Syrup. Contains 2% Or Less Of Each Of The Following: Agar, Artificial Color, Potassium Sorbate (Preservative), Citric Acid, Natural And Artificial Flavor, Locust Bean Gum, Mono- And Diglycerides. Dry Roasted Peanuts  
Allergens: WHEAT, MILK, SOY , EGGS, PEANUTS, [Not an Allergen] ([Not an Allergen])

Bioengineered: None