

Recipe: 29557 - GR 8523 Donut recipe 125 Glazed Apple Fritter Mel O Creme
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20852300000 - Single Donut Recipe
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Donut (99g)		
Servings Per Container	About 20		
Amount Per Serving			
Calories	250	Calories from Fat	130
% Daily Value *			
Total Fat	14g		22%
Saturated Fat	6g		30%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	29g		10%
Dietary Fiber	1g		4%
Sugars	16g		
Protein	2g		
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: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Monohydrate, Riboflavin, Folic Acid), Water, Palm Oil, Soybean Oil, Sugar, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Nonfat Milk, Spices, Defatted Soy Flour, Egg Yolk With Sodium Silicoaluminate, Salt, Soy Lecithin, Dextrose, Wheat Starch, Cellulose Gum, Guar Gum, Sodium Stearoyl Lactylate, BHT And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Color Added, Glaze (Sugar, Water, Maltodextrin, Contains 2% Or Less Of: Agar-Agar, Artificial Flavor, Carob Bean Gum, Citric Acid, Corn Syrup, Cornstarch, Mono- And Diglycerides, Preservative [Potassium Sorbate], Soybean Oil)
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 27165 - FG 8523 Donut Recipe 126 Glazed Apple Fritter W/Caramel 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 (113g)		
Servings Per Container	About 400		
Amount Per Serving			
Calories	310	Calories from Fat	150
% Daily Value *			
Total Fat	17g		26%
Saturated Fat	7g		37%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	38g		13%
Dietary Fiber	1g		4%
Sugars	25g		
Protein	2g		
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: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thi Amine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Apples, Palm Oil, Cottonseed And Soybean Oil, Yeast, Salt, Cinnamon, Whey, Defatted So Y Flour, Mono And Diglycerides, Extract Of Corn Flour And Malted B Arley, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Nonfat Milk, Yellow Corn Flour, Sodium Stearoyl Lactylate, Datem, Egg Yolk With Sodium Silicoaluminate, Natural And Artificial Flavor, High Fructose Corn Syrup, Corn Syrup, Modified Food Starch, Apple Powder, Cellulose Gum, Annatto And Turmeric Extract Color, Citric Acid, Malic Acid, Ascorbic Acid, Potassium Sorbate, Sodium Benzoate, Spices. Ingredients: Sugar, Water, Maltodextrin. Contains 2% Or Less Of Each Of The Following: Agar, Cellulose Gum, Potassium Sorbate (Preservative), Citric Acid, Mono- And Diglycerides. , Ingredients: Sugar, Vegetable Shortening (Palm Oil), Water, High Fructose Corn Syrup, Corn Syrup, Modified Whey (Milk), Caramel Color (Sulfites), Artificial Flavor, Mono- And Diglycerides, Polysorbate 60, Salt, Soy Lecithin, Potassium Sorbate (Preservative), Citric Acid, Red 40. Allergens: WHEAT, MILK, SOY , EGGS, [Not an Allergen] ([Not an Allergen])

Bioengineered: None

Recipe: 29600 - GR 8523 Donut Recipe 127 Glazed Cinnamon Fries Mel O Cr me
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20852300000 - Single Donut Recipe
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Donut (85g)		
Servings Per Container	20		
Amount Per Serving			
Calories	300	Calories from Fat	120
% Daily Value *			
Total Fat	13g		20%
Saturated Fat	6g		30%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	320mg		13%
Total Carbohydrate	40g		13%
Dietary Fiber	1g		4%
Sugars	14g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	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: Pershing Cinnamon Rolls (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Vegetable Oil [Palm, Soybean, And Cottonseed], Yeast, Salt, Whey, Cinnamon, Defatted Soy Flour, Mono And Diglycerides, Extract Of Corn Flour And Malted Barley, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Nonfat Milk, Yellow Corn Flour, Sodium Stearoyl Lactylate, Datum, Egg Yolk With Sodium Silico aluminate, BHT And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Annatto And Turmeric Extract Color), Glaze (Sugar, Water, Maltodextrin, Contains 2% Or Less Of: Agar-Agar, Artificial Flavor, Carob Bean Gum, Citric Acid, Corn Syrup, Cornstarch, Mono- And Diglycerides, Preservative [Potassium Sorbate], Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 25954 - GR 8523 Donut Recipe 023 Glazed Cinnamon Twist MOC
Dough**

Recipe Owing Business Unit: 100000 - East - Grand Rapids

Production Item: 20852300000 - Single Donut Recipe

Production Item Owing Business Unit: 0 - Corporate

2016 Nutrition Panel

Nutrition Facts	
About 26 Servings Per Container	
Serving Size	1 Donut (85g)
Amount Per Serving	
Calories	100
% Daily Value *	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Palm Oil, Glaze (Sugar, Water, Maltodextrin, Contains 2% Or Less Of: Agar-Agar, Artificial Flavor, Carob Bean Gum, Citric Acid, Corn Syrup, Cornstarch, Mono- And Diglycerides, Preservative [Potassium Sorbate], Soybean Oil)

Allergens: SOY

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 25967 - GR 8523 Donut Recipe 024 Sugared Cinnamon Twist MOC
Dough**

Recipe Owing Business Unit: 100000 - East - Grand Rapids

Production Item: 20852300000 - Single Donut Recipe

Production Item Owing Business Unit: 0 - Corporate

2016 Nutrition Panel

Nutrition Facts	
About 12 Servings Per Container	
Serving Size	1 Donut (189g)
Amount Per Serving	
Calories	280
% Daily Value *	
Total Fat 19g	24%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 27g	
Includes 27g Added Sugars	55%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Sugar, Palm Oil, Cinnamon

Bioengineered: None