

**Recipe: 27289 - OM 8523 Donut Recipe 152 Choc Iced Bavarian Long John 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 (136g)		
Servings Per Container	About 480		
Amount Per Serving			
Calories	520	Calories from Fat	230
% Daily Value *			
Total Fat	25g		39%
Saturated Fat	10g		49%
Trans Fat	2g		
Cholesterol	0mg		0%
Sodium	440mg		18%
Total Carbohydrate	68g		23%
Dietary Fiber	<1g		2%
Sugars	35g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%
* 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, Vegetable 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, , 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, Bht And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Annatto And Turmeric Extract Color, Fd&C Yellow 5 And 6. Chocolate Icing (Sugar, Water, Soybean Oil, Corn Syrup, High Fructose Corn Syrup, Cocoa [Processed With Alkali], Cocoa, Contains 2% Or Less Of Each Of The Following: Vegetable Shortening [Palm Oil, Fully Hydrogenated Cottonseed Oil], Mono- And Diglycerides, Salt, Potassium Sorbate [Preservative], Citric Acid, Soy Lecithin)

Allergens: WHEAT, MILK, SOY , EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 27428 - OM 8523 Donut Recipe 196 Choc Iced Bavarian LJ W/Sprinkles
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 (120g)		
Servings Per Container	About 576		
Amount Per Serving			
Calories	430	Calories from Fat	190
% Daily Value *			
Total Fat	21g		32%
Saturated Fat	8g		41%
Trans Fat	1.5g		
Cholesterol	0mg		0%
Sodium	370mg		15%
Total Carbohydrate	57g		19%
Dietary Fiber	0g		0%
Sugars	29g		
Protein	5g		
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 Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Vegetable 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, , 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, Bht And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Annatto And Turmeric Extract Color, Fd&C Yellow 5 And 6. Chocolate Icing (Sugar, Water, Soybean Oil, Corn Syrup, High Fructose Corn Syrup, Cocoa [Processed With Alkali], Cocoa, Contains 2% Or Less Of Each Of The Following: Vegetable Shortening [Palm Oil, Fully Hydrogenated Cottonseed Oil], Mono- And Diglycerides, Salt, Potassium Sorbate [Preservative], Citric Acid, Soy Lecithin)

Allergens: WHEAT, MILK, SOY , EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 27431 - OM 8523 Donut recipe 197 Choc Iced Bavarian LJ W/Nuts 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 (120g)		
Servings Per Container	About 576		
Amount Per Serving			
Calories	430	Calories from Fat	190
% Daily Value *			
Total Fat	21g		32%
Saturated Fat	8g		41%
Trans Fat	1.5g		
Cholesterol	0mg		0%
Sodium	370mg		15%
Total Carbohydrate	57g		19%
Dietary Fiber	0g		0%
Sugars	29g		
Protein	5g		
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 Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Vegetable 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, , 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, Bht And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Annatto And Turmeric Extract Color, Fd&C Yellow 5 And 6. Chocolate Icing (Sugar, Water, Soybean Oil, Corn Syrup, High Fructose Corn Syrup, Cocoa [Processed With Alkali], Cocoa, Contains 2% Or Less Of Each Of The Following: Vegetable Shortening [Palm Oil, Fully Hydrogenated Cottonseed Oil], Mono- And Diglycerides, Salt, Potassium Sorbate [Preservative], Citric Acid, Soy Lecithin)

Allergens: WHEAT, MILK, SOY , EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 29593 - GR 8523 Donut Recipe 154 Chocolate Iced Cr me LJ W/White
Drizzle 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 (120g)		
Servings Per Container	24		
Amount Per Serving			
Calories	390	Calories from Fat	120
% Daily Value *			
Total Fat	14g		21%
Saturated Fat	4.5g		23%
Trans Fat	0.5g		
Cholesterol	4mg		1%
Sodium	340mg		14%
Total Carbohydrate	61g		20%
Dietary Fiber	<1g		3%
Sugars	33g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%
* 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: Bavarian Filled Long John Donut (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Vegetable 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, 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, BHT And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Annatto And Turmeric Extract Color, Fd&C Yellow 5 And 6), Chocolate Fondant Icing (Sugar, Corn Syrup, Water, Soybean Oil, Cocoa Processed With Alkali, Palm Oil, Contains 2% Or Less Of: Natural And Artificial Flavor, Palm Kernel Oil, Preservative [Sorbic Acid], Salt, Soy Lecithin, Unsweetened Chocolate), Icing (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

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 29596 - GR 8523 Donut Recipe 211 Choc Iced Cream LJ W/Sprinkles
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 (113g)		
Servings Per Container	24		
Amount Per Serving			
Calories	440	Calories from Fat	180
% Daily Value *			
Total Fat	20g		31%
Saturated Fat	10g		50%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	330mg		14%
Total Carbohydrate	59g		20%
Dietary Fiber	1g		5%
Sugars	33g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	11%
* 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: Filled Long John Donut (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Palm Oil, Soybean Oil, Yeast, Salt, Whey, Hydrogenated Palm Oil, 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, Datem, Egg Yolk With Sodium Silicoaluminate, BHT And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Poly Sorbate 60, Annatto And Turmeric Extract Color), Chocolate Fondant Icing (Sugar, Corn Syrup, Water, Soybean Oil, Cocoa Processed With Alkali, Palm Oil, Contains 2% Or Less Of: Natural And Artificial Flavor, Palm Kernel Oil, Preservative [Sorbic Acid], Salt, Soy Lecithin, Unsweetened Chocolate), Rainbow Sprinkles (Sugar, Corn Starch, Vegetable Oil [Palm Kernel Oil And/Or Palm Oil], Soy Lecithin, Dextrin, Confectioner's Glaze, Red 40 Lake, Natural And Artificial Flavor, Yellow 6 Lake, Carnauba Wax, Yellow 5 Lake, Blue 1 Lake, Red 3, Red 40)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 27475 - SC 8523 Donut Recipe 212 Choc Iced Cream LJ W/Nuts Mel O
Cr me West**

Recipe Owing Business Unit: 50000 - 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 (113g)		
Servings Per Container	About 576		
Amount Per Serving			
Calories	450	Calories from Fat	210
% Daily Value *			
Total Fat	23g		35%
Saturated Fat	8g		41%
Trans Fat	1.5g		
Cholesterol	0mg		0%
Sodium	340mg		14%
Total Carbohydrate	55g		18%
Dietary Fiber	1g		4%
Sugars	28g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%
* 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: Filled Long John Donut (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Vegetable Oil [Palm, Soybean, And Cottonseed], Yeast, Salt, Whey, Hydrogenated Palm Oil, 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, Datem, Egg Yolk With Sodium Silicoaluminate, BHT And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Poly Sorbate 60, Annatto And Turmeric Extract Color), Ingredients: Sugar, Water, Soybean Oil, Corn Syrup, High Fructose Corn Syrup, Cocoa (Processed With Alkali), Cocoa. Contains 2% Or Less Of Each Of The Following: Vegetable Shortening (Palm Oil, Fully Hydrogenated Cottonseed Oil), Mono- And Diglycerides, Salt, Potassium Sorbate (Preservative), Citric Acid, Soy Lecithin. Dry Roasted Peanuts
Allergens: WHEAT, MILK, SOY, EGGS, PEANUTS

Bioengineered: None

**Recipe: 27294 - FG 8523 Donut Recipe 156 Choc Iced Unfilled Long John 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 (85g)		
Servings Per Container	About 576		
Amount Per Serving			
Calories	320	Calories from Fat	130
% Daily Value *			
Total Fat	14g		22%
Saturated Fat	7g		33%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	310mg		13%
Total Carbohydrate	42g		14%
Dietary Fiber	0g		0%
Sugars	17g		
Protein	4g		
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 Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Vegetable Oil (Palm, Soybean, And Cottonseed), Yeast, Salt, Whey, 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, Datem, Egg Yolk With Sodium Silicoaluminate, Bht And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Annatto And Turmeric Extract Color. Ingredients: Sugar, Water, Soybean Oil, Corn Syrup, High Fructose Corn Syrup, Cocoa (Processed With Alkali), Cocoa. Contains 2% Or Less Of Each Of The Following: Vegetable Shortening (Palm Oil, Fully Hydrogenated Cottonseed Oil), Mono- And Diglycerides, Salt, Potassium Sorbate (Preservative), Citric Acid, Soy Lecithin.

Allergens: WHEAT, MILK, SOY , EGGS

Bioengineered: None

**Recipe: 27447 - SC 8523 Donut recipe 201 Choc Iced Unfilled LJ W/Sprinkles
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

2016 Nutrition Panel

Nutrition Facts	
About 576 Servings Per Container	
Serving Size	1 Donut (92g)
Amount Per Serving	
Calories	35
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	7%
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: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Vegetable Oil (Palm, Soybean, And Cottonseed) , Yeast, Salt, Whey, 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, Datem, Egg Yolk With Sodium Silicoaluminate, Bht And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Annatto And Turmeric Extract Color. Ingredients: Sugar, Water, Soybean Oil, Corn Syrup, High Fructose Corn Syrup, Cocoa (Processed With Alkali), Cocoa. Contains 2% Or Less Of Each Of The Following: Vegetable Shortening (Palm Oil, Fully Hydrogenated Cottonseed Oil), Mono- And Diglycerides, Salt, Potassium Sorbate (Preservative), Citric Acid, Soy Lecithin. 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

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 27449 - FG 8523 Donut Recipe 202 Choc Iced Unfilled LJ 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**

2016 Nutrition Panel

Nutrition Facts	
About 24 Servings Per Container	
Serving Size	1 Donut (92g)
Amount Per Serving	
Calories	360
% Daily Value *	
Total Fat 18g	23%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	14%
Total Carbohydrate 44g	16%
Dietary Fiber <1g	3%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 1mg	4%
Potassium 90mg	2%
<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: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Vegetable Oil (Palm, Soybean, And Cottonseed), Yeast, Salt, Whey, 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, Datem, Egg Yolk With Sodium Silicoaluminate, Bht And Citric Acid To Help Preserve Flavor, Natural And Artificial Flavor, Annatto And Turmeric Extract Color. Ingredients: Sugar, Water, Soybean Oil, Corn Syrup, High Fructose Corn Syrup, Cocoa (Processed With Alkali), Cocoa. Contains 2% Or Less Of Each Of The Following: Vegetable Shortening (Palm Oil, Fully Hydrogenated Cottonseed Oil), Mono- And Diglycerides, Salt, Potassium Sorbate (Preservative), Citric Acid, Soy Lecithin. Dry Roasted Peanuts
Allergens: WHEAT, MILK, SOY, EGGS, PEANUTS

Bioengineered: None