

**Recipe: 27290 - OM 8523 Donut Recipe 153 White 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	500	Calories from Fat	200
% Daily Value *			
Total Fat	22g		34%
Saturated Fat	9g		46%
Trans Fat	2g		
Cholesterol	0mg		0%
Sodium	420mg		17%
Total Carbohydrate	71g		24%
Dietary Fiber	0g		0%
Sugars	39g		
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. 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: 27462 - OM 8523 Donut Recipe 206 White 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 (111g)		
Servings Per Container	About 24		
Amount Per Serving			
Calories	420	Calories from Fat	180
% Daily Value *			
Total Fat	20g		31%
Saturated Fat	9g		44%
Trans Fat	1.5g		
Cholesterol	0mg		0%
Sodium	350mg		14%
Total Carbohydrate	56g		19%
Dietary Fiber	0g		0%
Sugars	28g		
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, 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. 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

Bioengineered: None

**Recipe: 29595 - GR 8523 Donut Recipe 207 White Iced Bavarian LJ W/Nuts 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	About 24		
Amount Per Serving			
Calories	400	Calories from Fat	150
% Daily Value *			
Total Fat	16g		25%
Saturated Fat	5g		26%
Trans Fat	0.5g		
Cholesterol	4mg		1%
Sodium	330mg		14%
Total Carbohydrate	58g		19%
Dietary Fiber	1g		4%
Sugars	30g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	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: 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), Vanilla Icing (Sugar, Corn Syrup, Water, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Palm Kernel Oil, Preservatives [Potassium Sorbate, Sorbic Acid], Titanium Dioxide [Color]), Dry Roasted Peanuts
Allergens: WHEAT, MILK, SOY, EGGS, PEANUTS

Bioengineered: None

**Recipe: 27292 - SC 8523 Donut Recipe 155 White Iced Cr me Long John 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 (106g)		
Servings Per Container	About 576		
Amount Per Serving			
Calories	390	Calories from Fat	150
% Daily Value *			
Total Fat	17g		26%
Saturated Fat	7g		35%
Trans Fat	1.5g		
Cholesterol	0mg		0%
Sodium	320mg		13%
Total Carbohydrate	56g		19%
Dietary Fiber	0g		0%
Sugars	31g		
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
Cholestrol	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, 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: 27477 - SC 8523 Donut Recipe 213 White Iced Cream 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	
24 Servings Per Container	
Serving Size	1 Donut (113g)
Amount Per Serving	
Calories	430
% Daily Value *	
Total Fat 18g	24%
Saturated Fat 8g	41%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 61g	22%
Dietary Fiber 0g	0%
Total Sugars 34g	
Includes 3g Added Sugars	7%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 1mg	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: 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, 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

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 29597 - GR 8523 Donut Recipe 214 White Iced Cream LJ W/Nuts 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	450	Calories from Fat	190
% Daily Value *			
Total Fat	21g		33%
Saturated Fat	9g		46%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	320mg		13%
Total Carbohydrate	57g		19%
Dietary Fiber	2g		6%
Sugars	33g		
Protein	7g		
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
Cholestrol	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), Vanilla Icing (Sugar, Corn Syrup, Water, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Palm Kernel Oil, Preservatives [Potassium Sorbate, Sorbic Acid], Titanium Dioxide [Color]), Dry Roasted Peanuts

Allergens: WHEAT, MILK, SOY, EGGS, PEANUTS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 27297 - FG 8523 Donut Recipe 157 White 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	300	Calories from Fat	110
% Daily Value *			
Total Fat	12g		18%
Saturated Fat	6g		30%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	290mg		12%
Total Carbohydrate	45g		15%
Dietary Fiber	0g		0%
Sugars	20g		
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, 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: 27549 - SC 8523 Donut Recipe 221 White Iced Unfilled LJ W/Sprinkles
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 (92g)		
Servings Per Container	About 576		
Amount Per Serving			
Calories	340	Calories from Fat	120
% Daily Value *			
Total Fat	13g		21%
Saturated Fat	7g		36%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	290mg		12%
Total Carbohydrate	50g		17%
Dietary Fiber	0g		0%
Sugars	23g		
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, 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: 27552 - FG 8523 Donut Recipe 222 White Iced Unfilled LJ 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 (92g)		
Servings Per Container	About 576		
Amount Per Serving			
Calories	350	Calories from Fat	140
% Daily Value *			
Total Fat	15g		24%
Saturated Fat	7g		33%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	290mg		12%
Total Carbohydrate	46g		15%
Dietary Fiber	<1g		2%
Sugars	21g		
Protein	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: 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, 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