

# Posh Bakery Nutrition Label Donut, Cake, Chocolate

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;"><b>Serving size</b> <b>79 g (2.8 oz)</b></p> <hr/> <p style="margin: 0;"><b>Calories 500</b> <b>per serving</b></p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 33g	43%	Total Carbohydrate 49g	18%	
	Saturated Fat 16g	78%	Dietary Fiber 2g	6%	
	<i>Trans</i> Fat 0g		Total Sugars 32g		
	Cholesterol 5mg	2%	Includes 0g Added Sugars	0%	
	Sodium 280mg	12%	Protein 3g		
	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2mg 10% Potassium 40mg 0% • Vitamin A 0mcg 0%				

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SOYBEAN OIL, NONFAT DRY MILK, LEAVENING [SODIUM ACID PYROPHOSPHATE], CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN FLOUR, DEFFATED SOY FLOUR, [CONTAINS SOY LECITHIN], DRIED EGG YOLKS, SALT, DEXTROSE, CORN STARCH, SODIUM CASEINATE [MILK], POTATO FLOUR, VITAL WHEAT GLUTEN, CELLULOSE GUM, SPICE, NATURAL AND ARTIFICIAL FLAVOR [MILK], PALM OIL, CHOCOLATE ICING (LIQUID SUGAR, CORN SYRUP, SUGAR, COCOA, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, SOYBEAN OIL, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOY LECITHIN, SORBIC ACID, ARTIFICIAL FLAVOR), WATER

CONTAINS: EGGS, MILK, SOY, WHEAT

# Posh Bakery Nutrition Label Donut, Cake, Chocolate With Coconut

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;"><b>Serving size</b> <b>85 g (3 oz)</b></p> <hr/> <p style="margin: 0;"><b>Calories 520</b> <b>per serving</b></p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 35g	45%	Total Carbohydrate 49g	18%	
	Saturated Fat 17g	86%	Dietary Fiber 2g	8%	
	<i>Trans</i> Fat 0g		Total Sugars 32g		
	Cholesterol 5mg	2%	Includes 0g Added Sugars	0%	
	Sodium 300mg	13%	<b>Protein</b> 3g		
	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2mg 10% Potassium 70mg 2% • Vitamin A 0mcg 0%				

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SOYBEAN OIL, NONFAT DRY MILK, LEAVENING [SODIUM ACID PYROPHOSPHATE], CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN FLOUR, DEFFATED SOY FLOUR, [CONTAINS SOY LECITHIN], DRIED EGG YOLKS, SALT, DEXTROSE, CORN STARCH, SODIUM CASEINATE [MILK], POTATO FLOUR, VITAL WHEAT GLUTEN, CELLULOSE GUM, SPICE, NATURAL AND ARTIFICIAL FLAVOR [MILK], PALM OIL, CHOCOLATE ICING (LIQUID SUGAR, CORN SYRUP, SUGAR, COCOA, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, SOYBEAN OIL, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOY LECITHIN, SORBIC ACID, ARTIFICIAL FLAVOR), WATER, COCONUT (DESICCATED COCONUT, POWDER SUGAR, WATER, PROPYLENE GLYCOL, SALT)

CONTAINS: COCONUT, EGGS, MILK, SOY, WHEAT

# Posh Bakery Nutrition Label

## Donut, Cake, Chocolate With Peanuts

<b>Nutrition Facts</b>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
1 serving per container <b>Serving size</b> <b>85 g (3 oz)</b>	<b>Total Fat</b> 36g	<b>47%</b>	<b>Total Carbohydrate</b> 48g	<b>17%</b>	
	Saturated Fat 16g	<b>79%</b>	Dietary Fiber 2g	<b>8%</b>	
	<i>Trans</i> Fat 0g		Total Sugars 30g		
	<b>Cholesterol</b> 5mg	<b>2%</b>	Includes 0g Added Sugars	<b>0%</b>	
	<b>Sodium</b> 280mg	<b>12%</b>	<b>Protein</b> 5g		
<b>Calories 530</b> <b>per serving</b>	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2.1mg 10%		Potassium 40mg 0% • Vitamin A 0mcg 0%		

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SOYBEAN OIL, NONFAT DRY MILK, LEAVENING [SODIUM ACID PYROPHOSPHATE], CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN FLOUR, DEFFATED SOY FLOUR, [CONTAINS SOY LECITHIN], DRIED EGG YOLKS, SALT, DEXTROSE, CORN STARCH, SODIUM CASEINATE [MILK], POTATO FLOUR, VITAL WHEAT GLUTEN, CELLULOSE GUM, SPICE, NATURAL AND ARTIFICIAL FLAVOR [MILK], PALM OIL, CHOCOLATE ICING (LIQUID SUGAR, CORN SYRUP, SUGAR, COCOA, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, SOYBEAN OIL, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOY LECITHIN, SORBIC ACID, ARTIFICIAL FLAVOR), WATER, DRY ROASTED PEANUTS

CONTAINS: EGGS, MILK, PEANUTS, SOY, WHEAT

# Posh Bakery Nutrition Label

## Donut, Cake, Chocolate With Sprinkles

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;"><b>Serving size</b> <b>85 g (3 oz)</b></p> <hr/> <p style="margin: 0;"><b>Calories 520</b> <b>per serving</b></p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 34g	44%	Total Carbohydrate 52g	19%	
	Saturated Fat 15g	76%	Dietary Fiber 1g	5%	
	<i>Trans</i> Fat 0g		Total Sugars 32g		
	Cholesterol 5mg	2%	Includes 0g Added Sugars	0%	
	Sodium 280mg	12%	<b>Protein</b> 3g		
	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.9mg 10% Potassium 40mg 0% • Vitamin A 0mcg 0%				

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SOYBEAN OIL, NONFAT DRY MILK, LEAVENING [SODIUM ACID PYROPHOSPHATE], CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN FLOUR, DEFFATED SOY FLOUR, [CONTAINS SOY LECITHIN], DRIED EGG YOLKS, SALT, DEXTROSE, CORN STARCH, SODIUM CASEINATE [MILK], POTATO FLOUR, VITAL WHEAT GLUTEN, CELLULOSE GUM, SPICE, NATURAL AND ARTIFICIAL FLAVOR [MILK], PALM OIL, CHOCOLATE ICING (LIQUID SUGAR, CORN SYRUP, SUGAR, COCOA, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, SOYBEAN OIL, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOY LECITHIN, SORBIC ACID, ARTIFICIAL FLAVOR), WATER, SPRINKLES (SUGAR, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (COTTONSEED AND OR/ SOYBEAN), DEXTRIN, SOYA LECITHIN, CONFECTIONER'S GLAZE, FD&C RED #40 LAKE, FD&C YELLOW#6 LAKE, NATURAL AND ARTIFICIAL FLAVOR, CARNAUBA WAX, FD&C YELLOW #5 LAKE, FD&C BLUE#1 LAKE, FD&C RED #3, FD&C RED #40)

CONTAINS: EGGS, MILK, SOY, WHEAT

# Posh Bakery Nutrition Label Donut, Cake, Crumb

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;"><b>Serving size</b> <b>85 g (3 oz)</b></p> <hr/> <p style="margin: 0;"><b>Calories 400</b> <b>per serving</b></p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 28g	36%	Total Carbohydrate 34g	13%	
	Saturated Fat 14g	70%	Dietary Fiber 0g	0%	
	<i>Trans</i> Fat 0g		Total Sugars 19g		
	Cholesterol 10mg	3%	Includes 0g Added Sugars	0%	
	Sodium 320mg	14%	Protein 3g		
	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.4mg 8% Potassium 60mg 2% • Vitamin A 0mcg 0%				

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SOYBEAN OIL, NONFAT DRY MILK, LEAVENING [SODIUM ACID PYROPHOSPHATE], CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN FLOUR, DEFFATED SOY FLOUR, [CONTAINS SOY LECITHIN], DRIED EGG YOLKS, SALT, DEXTROSE, CORN STARCH, SODIUM CASEINATE [MILK], POTATO FLOUR, VITAL WHEAT GLUTEN, CELLULOSE GUM, SPICE, NATURAL AND ARTIFICIAL FLAVOR [MILK], PALM OIL, WATER, ICING (SUGAR, CORN SYRUP, WATER CONTAINS 2% OR LESS OF THE FOLLOWING: TITANIUM DIOXIDE (COLOR), POTASSIUM SORBATE [PRESERVATIVE], AGAR AGAR, SORBITAN MONOSTERATE, ARTIFICIAL FLAVOR, CITRIC ACID)

CONTAINS: EGGS, MILK, SOY, WHEAT

# Posh Bakery Nutrition Label Donut, Cake, Maple

## Nutrition Facts

1 serving per container

**Serving size**  
**79 g (2.8 oz)**

**Calories 390**  
**per serving**

Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
<b>Total Fat</b> 27g	<b>35%</b>	<b>Total Carbohydrate</b> 33g	<b>12%</b>
Saturated Fat 14g	<b>68%</b>	Dietary Fiber 0g	<b>0%</b>
<i>Trans</i> Fat 0g		Total Sugars 20g	
<b>Cholesterol</b> 5mg	<b>2%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>	<b>Protein</b> 2g	
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.1mg 6% Potassium 40mg 0% • Vitamin A 0mcg 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: BLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SOYBEAN OIL, NONFAT DRY MILK, LEAVENING [SODIUM ACID PYROPHOSPHATE], CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN FLOUR, DEFFATED SOY FLOUR, [CONTAINS SOY LECITHIN], DRIED EGG YOLKS, SALT, DEXTROSE, CORN STARCH, SODIUM CASEINATE [MILK], POTATO FLOUR, VITAL WHEAT GLUTEN, CELLULOSE GUM, SPICE, NATURAL AND ARTIFICIAL FLAVOR [MILK], PALM OIL, ICING (SUGAR, CORN SYRUP, WATER CONTAINS 2% OR LESS OF THE FOLLOWING: TITANIUM DIOXIDE (COLOR), POTASSIUM SORBATE [PRESERVATIVE], AGAR AGAR, SORBITAN MONOSTERATE, ARTIFICIAL FLAVOR, CITRIC ACID), WATER, MAPLE EXTRACT (ALCOHOL, SUGAR, MAPLE SYRUP, CARAMEL COLOR, WATER), CARAMEL COLOR

CONTAINS: EGGS, MILK, SOY, WHEAT

# Posh Bakery Nutrition Label Donut, Cake, Plain

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;"><b>Serving size</b> <b>51 g (1.8 oz)</b></p> <hr/> <p style="margin: 0;"><b>Calories 270</b> <b>per serving</b></p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 22g	28%	Total Carbohydrate 15g	6%	
	Saturated Fat 11g	55%	Dietary Fiber 0g	0%	
	<i>Trans</i> Fat 0g		Total Sugars 6g		
	Cholesterol 5mg	2%	Includes 0g Added Sugars	0%	
	Sodium 200mg	9%	Protein 2g		
	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.9mg 4% Potassium 40mg 0% • Vitamin A 0mcg 0%				

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SOYBEAN OIL, NONFAT DRY MILK, LEAVENING [SODIUM ACID PYROPHOSPHATE], CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN FLOUR, DEFFATED SOY FLOUR, [CONTAINS SOY LECITHIN], DRIED EGG YOLKS, SALT, DEXTROSE, CORN STARCH, SODIUM CASEINATE [MILK], POTATO FLOUR, VITAL WHEAT GLUTEN, CELLULOSE GUM, SPICE, NATURAL AND ARTIFICIAL FLAVOR [MILK], PALM OIL, WATER

CONTAINS: EGGS, MILK, SOY, WHEAT