

Posh Bakery  
Nutrition Label  
Donut, Old Fashion, Maple

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>85 g (3 oz)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
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	<b>% Daily Value *</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>17%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 1g	<b>2%</b>
Total Sugars 34g	
Includes 0g Added Sugars	<b>0%</b>
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<b>Protein</b> 2g	
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Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 50mg	2%
Vitamin A 20mcg	2%
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* 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.	
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, DRIED WHEY (MILK), NONFAT DRY MILK, DRIED EGG YOLKS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, CORN STARCH), SALT, DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), POTATO FLOUR, MONO AND DIGLYCERIDES, SPICE, GUAR GUM, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5 LAKE, YELLOW 6 LAKE, YELLOW 5, YELLOW 6., 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), PALM OIL, MAPLE EXTRACT (ALCOHOL, SUGAR, MAPLE SYRUP, CARAMEL COLOR, WATER), CARAMEL COLOR

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery  
Nutrition Label  
Donut, Old Fashioned, Chocolate

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>85 g (3 oz)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>480</b>
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<b>% Daily Value *</b>	
<b>Total Fat</b> 18g	<b>24%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 79g	<b>29%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 55g	
Includes 0g Added Sugars	<b>0%</b>
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<b>Protein</b> 4g	
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Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.6mg	15%
Potassium 50mg	2%
Vitamin A 20mcg	2%
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, DRIED WHEY (MILK), NONFAT DRY MILK, DRIED EGG YOLKS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, CORN STARCH), SALT, DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), POTATO FLOUR, MONO AND DIGLYCERIDES, SPICE, GUAR GUM, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5 LAKE, YELLOW 6 LAKE, YELLOW 5, YELLOW 6., WATER, 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), PALM OIL

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery  
Nutrition Label  
Donut, Old Fashioned, Glaze

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>85 g (3 oz)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
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	<b>% Daily Value *</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>16%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 1g	<b>2%</b>
Total Sugars 32g	
Includes 22g Added Sugars	<b>45%</b>
<b>Protein</b> 2g	
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Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 50mg	2%
Vitamin A 20mcg	2%
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, DRIED WHEY (MILK), NONFAT DRY MILK, DRIED EGG YOLKS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, CORN STARCH), SALT, DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), POTATO FLOUR, MONO AND DIGLYCERIDES, SPICE, GUAR GUM, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5 LAKE, YELLOW 6 LAKE, YELLOW 5, YELLOW 6., WATER, POWDERED SUGAR (SUGAR, MALTODEXTRIN), PALM OIL, CORN SYRUP

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery  
Nutrition Label  
Donut, Old Fashioned, Plain

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>57 g (2 oz)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
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<b>% Daily Value *</b>	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 3.5g	<b>17%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>2%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
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<b>Protein</b> 2g	
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Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 50mg	2%
Vitamin A 20mcg	2%
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, DRIED WHEY (MILK), NONFAT DRY MILK, DRIED EGG YOLKS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, CORN STARCH), SALT, DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), POTATO FLOUR, MONO AND DIGLYCERIDES, SPICE, GUAR GUM, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5 LAKE, YELLOW 6 LAKE, YELLOW 5, YELLOW 6., WATER, PALM OIL

CONTAINS: EGGS, MILK, SOY, WHEAT