

Posh Bakery
 Nutrition Label Report
 Fritter, Apple, Large

Nutrition Facts	
1 serving per container	
Serving size	213 g (7.5 oz)
Amount per serving	
Calories	720
% Daily Value *	
Total Fat 23g	29%
Saturated Fat 8g	42%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 810mg	35%
Total Carbohydrate 119g	43%
Dietary Fiber 4g	13%
Total Sugars 58g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 4.4mg	25%
Potassium 190mg	4%
Vitamin A 520mcg	60%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, 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), APPLES (ASCORBIC ACID, CITRIC ACID), PALM OIL, CINNAMON

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
 Nutrition Label Report
 Fritter, Apple, Small

Nutrition Facts	
1 serving per container	
Serving size	113 g (4 oz)
Amount per serving	
Calories	380
% Daily Value *	
Total Fat 12g	16%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 62g	23%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.4mg	15%
Potassium 100mg	2%
Vitamin A 290mcg	30%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, 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), APPLES (ASCORBIC ACID, CITRIC ACID), PALM OIL, CINNAMON

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
 Nutrition Label Report
 Cinnamon Roll, Large, Posh

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Nutrition Facts	
1 serving per container	
Serving size	184 g (6.5 oz)
Amount per serving	
Calories	740
<small>% Daily Value *</small>	
Total Fat 34g	43%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 900mg	39%
Total Carbohydrate 98g	36%
Dietary Fiber 3g	11%
Total Sugars 29g	
Includes 22g Added Sugars	44%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 5.8mg	30%
Potassium 180mg	4%
Vitamin A 610mcg	70%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, PALM OIL, POWDERED SUGAR (SUGAR, MALTODEXTRIN), SUGAR, CORN SYRUP, CINNAMON

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
 Nutrition Label Report
 Cinnamon Roll, Small, Posh

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Nutrition Facts	
1 serving per container	
Serving size	113 g (4 oz)
Amount per serving	
Calories	430
<small>% Daily Value *</small>	
Total Fat 17g	22%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 63g	23%
Dietary Fiber 2g	7%
Total Sugars 20g	
Includes 16g Added Sugars	32%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 4mg	20%
Potassium 110mg	2%
Vitamin A 380mcg	40%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, POWDERED SUGAR (SUGAR, MALTODEXTRIN), PALM OIL, SUGAR, CORN SYRUP, CINNAMON

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label Report Donut, Cake, Chocolate

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 79 g (2.8 oz)</p> <hr/> <p style="margin: 0;">Calories 500 per serving</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 Report

Donut, Cake, Chocolate With Sprinkles

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 85 g (3 oz)</p> <hr/> <p style="margin: 0;">Calories 520 per serving</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%	Protein 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 Report Donut, Cake, Crumb

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 85 g (3 oz)</p> <hr/> <p style="margin: 0;">Calories 400 per serving</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 Report Donut, Cake, Maple

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 79 g (2.8 oz)</p> <hr/> <p style="margin: 0;">Calories 390 per serving</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 27g	35%	Total Carbohydrate 33g	12%	
	Saturated Fat 14g	68%	Dietary Fiber 0g	0%	
	<i>Trans</i> Fat 0g		Total Sugars 20g		
Cholesterol 5mg	2%	Includes 0g Added Sugars	0%		
Sodium 260mg	11%	Protein 2g			
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.1mg 6%		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, 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, CONTAINS 2% OR LESS OF: CARAMEL COLOR, MAPLE EXTRACT (ALCOHOL, SUGAR, MAPLE SYRUP, CARAMEL COLOR, WATER)

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label Report Donut, Cake, Plain

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 51 g (1.8 oz)</p> <hr/> <p style="margin: 0;">Calories 270 per serving</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

Posh Bakery
Nutrition Label Report
Donut, Old Fashion, Maple

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Nutrition Facts	
1 serving per container	
Serving size	85 g (3 oz)
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 47g	17%
Dietary Fiber 1g	2%
Total Sugars 32g	
Includes 7g Added Sugars	14%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 1.1mg	6%
Potassium 50mg	2%
Vitamin A 0mcg	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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEFATTED SOY FLOUR (CONTAINS SOY LECITHIN), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), ISOLATED SOY PROTEIN, DEXTROSE, WHEAT STARCH, SALT, NATURAL FLAVOR, CELLULOSE GUM, EMULSIFIER (POLYGLYCEROL ESTERS OF FATTY ACIDS AND MONOGLYCERIDES, RICE STARCH), SPICE, BETA CAROTENE (COLOR), BUTTERMILK (CULTURED LOW FAT MILK, CONDENSED SKIM MILK, SALT, SODIUM CITRATE, VITAMIN A PALMITATE AND VITAMIN D3), WATER, VANILLA, 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: MILK, SOY, WHEAT

Posh Bakery
 Nutrition Label Report
 Donut, Old Fashioned, Chocolate

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Nutrition Facts	
1 serving per container	
Serving size	85 g (3 oz)
Amount per serving	
Calories	480
% Daily Value *	
Total Fat 19g	24%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 77g	28%
Dietary Fiber 3g	10%
Total Sugars 53g	
Includes 7g Added Sugars	14%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.8mg	15%
Potassium 50mg	2%
Vitamin A 0mcg	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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEFATTED SOY FLOUR (CONTAINS SOY LECITHIN), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), ISOLATED SOY PROTEIN, DEXTROSE, WHEAT STARCH, SALT, NATURAL FLAVOR, CELLULOSE GUM, EMULSIFIER (POLYGLYCEROL ESTERS OF FATTY ACIDS AND MONOGLYCERIDES, RICE STARCH), SPICE, BETA CAROTENE (COLOR), BUTTERMILK (CULTURED LOW FAT MILK, CONDENSED SKIM MILK, SALT, SODIUM CITRATE, VITAMIN A PALMITATE AND VITAMIN D3), WATER, VANILLA, 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: MILK, SOY, WHEAT

Posh Bakery
Nutrition Label Report
Donut, Old Fashioned, Glaze

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Nutrition Facts	
1 serving per container	
Serving size	85 g (3 oz)
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 46g	17%
Dietary Fiber 1g	2%
Total Sugars 30g	
Includes 30g Added Sugars	59%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 1.1mg	6%
Potassium 50mg	2%
Vitamin A 0mcg	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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEFATTED SOY FLOUR (CONTAINS SOY LECITHIN), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), ISOLATED SOY PROTEIN, DEXTROSE, WHEAT STARCH, SALT, NATURAL FLAVOR, CELLULOSE GUM, EMULSIFIER (POLYGLYCEROL ESTERS OF FATTY ACIDS AND MONOGLYCERIDES, RICE STARCH), SPICE, BETA CAROTENE (COLOR), BUTTERMILK (CULTURED LOW FAT MILK, CONDENSED SKIM MILK, SALT, SODIUM CITRATE, VITAMIN A PALMITATE AND VITAMIN D3), WATER, VANILLA, POWDERED SUGAR (SUGAR, MALTODEXTRIN), PALM OIL, CORN SYRUP

CONTAINS: MILK, SOY, WHEAT

Posh Bakery
 Nutrition Label Report
 Donut, Old Fashioned, Plain

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Nutrition Facts	
1 serving per container	
Serving size	57 g (2 oz)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	2%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 1.2mg	6%
Potassium 50mg	2%
Vitamin A 0mcg	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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEFATTED SOY FLOUR (CONTAINS SOY LECITHIN), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), ISOLATED SOY PROTEIN, DEXTROSE, WHEAT STARCH, SALT, NATURAL FLAVOR, CELLULOSE GUM, EMULSIFIER (POLYGLYCEROL ESTERS OF FATTY ACIDS AND MONOGLYCERIDES, RICE STARCH), SPICE, BETA CAROTENE (COLOR), BUTTERMILK (CULTURED LOW FAT MILK, CONDENSED SKIM MILK, SALT, SODIUM CITRATE, VITAMIN A PALMITATE AND VITAMIN D3), WATER, VANILLA, PALM OIL

CONTAINS: MILK, SOY, WHEAT

Posh Bakery
Nutrition Label Report
Donut, Raised, Chocolate

6:41 PM 8/5/2025
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Nutrition Facts	
1 serving per container	
Serving size	91 g (3.2 oz)
Amount per serving	
Calories	440
% Daily Value *	
Total Fat 19g	24%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 65g	24%
Dietary Fiber 3g	10%
Total Sugars 31g	
Includes 28g Added Sugars	57%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 3.1mg	15%
Potassium 80mg	2%
Vitamin A 260mcg	30%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA-CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, 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 Report
 Donut, Raised, Crumb - Posh

6:41 PM 8/5/2025
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Nutrition Facts	
1 serving per container	
Serving size	122 g (4.3 oz)
Amount per serving	
Calories	460
% Daily Value *	
Total Fat 18g	23%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	29%
Total Carbohydrate 65g	24%
Dietary Fiber 2g	8%
Total Sugars 16g	
Includes 10g Added Sugars	21%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 3.6mg	20%
Potassium 130mg	2%
Vitamin A 440mcg	50%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, POWDERED SUGAR (SUGAR, MALTODEXTRIN), PALM OIL, CORN SYRUP

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
 Nutrition Label Report
 Donut, Raised, Glaze 3oz

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Nutrition Facts	
1 serving per container	
Serving size	85 g (3 oz)
Amount per serving	
Calories	290
% Daily Value *	
Total Fat 13g	16%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 400mg	18%
Total Carbohydrate 39g	14%
Dietary Fiber 1g	5%
Total Sugars 9g	
Includes 6g Added Sugars	11%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.2mg	10%
Potassium 80mg	2%
Vitamin A 270mcg	30%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, PALM OIL, POWDERED SUGAR (SUGAR, MALTODEXTRIN), CORN SYRUP

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
 Nutrition Label Report
 Donut, Raised, Maple - Posh

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Nutrition Facts	
1 serving per container	
Serving size	91 g (3.2 oz)
Amount per serving	
Calories	310
<small>% Daily Value *</small>	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 47g	17%
Dietary Fiber 1g	5%
Total Sugars 18g	
Includes 15g Added Sugars	30%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 70mg	2%
Vitamin A 250mcg	30%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA-CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, POWDERED SUGAR (SUGAR, MALTODEXTRIN), PALM OIL, CORN SYRUP, MAPLE EXTRACT (ALCOHOL, SUGAR, MAPLE SYRUP, CARAMEL COLOR, WATER), VANILLA EXTRACT

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label Report
Donut, Raised, Plain 3.0 Oz

Nutrition Facts	
1 serving per container	
Serving size	85 g (3 oz)
Amount per serving	
Calories	330
% Daily Value *	
Total Fat 15g	19%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	6%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.8mg	15%
Potassium 100mg	2%
Vitamin A 350mcg	40%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, PALM OIL

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label Report
Donut, Raised, St. Patrick

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Nutrition Facts	
1 serving per container	
Serving size	106 g (3.7 oz)
Amount per serving	
Calories	420
% Daily Value *	
Total Fat 15g	19%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	21%
Total Carbohydrate 64g	23%
Dietary Fiber 2g	6%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.6mg	15%
Potassium 100mg	2%
Vitamin A 320mcg	35%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, 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, SPRINKLES (SUGAR, CORN STARCH, RICE FLOUR, PALM OIL, GUM ACACIA, XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, YELLOW 5, BLUE 1, POTASSIUM SORBATE, MONO AND DIGLYCERIDE, POLYSORBATE 60)

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label Report
Donut, Raised, Strawberry

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Nutrition Facts	
1 serving per container	
Serving size	91 g (3.2 oz)
Amount per serving	
Calories	310
% Daily Value *	
Total Fat 13g	16%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 44g	16%
Dietary Fiber 1g	5%
Total Sugars 13g	
Includes 10g Added Sugars	19%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.2mg	10%
Potassium 80mg	2%
Vitamin A 270mcg	30%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, POWDERED SUGAR (SUGAR, MALTODEXTRIN), PALM OIL, STRAWBERRY FILLING (WATER, HIGH FRUCTOSE CORN SYRUP, STRAWBERRIES, CORN SYRUP, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID, NATURAL FLAVORS, GELLAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE [PRESERVATIVES], SALT, F.D.& C. RED 40, F.D.& C. BLUE 1), CORN SYRUP, VANILLA EXTRACT

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label Report
Donut, Raised, Sugar, 3oz

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Nutrition Facts	
1 serving per container	
Serving size	85 g (3 oz)
Amount per serving	
Calories	300
<small>% Daily Value *</small>	
Total Fat 13g	16%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	18%
Total Carbohydrate 41g	15%
Dietary Fiber 1g	5%
Total Sugars 11g	
Includes 8g Added Sugars	15%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 4.9mg	25%
Potassium 80mg	2%
Vitamin A 270mcg	30%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, PALM OIL, SUGAR

CONTAINS: EGGS, MILK, SOY, WHEAT