

OREO® COOKIES AND KREME™ DOUGHNUT

Serving Size:	1 Doughnut
Calories	400
Calories from Fat	190
Total Fat (g)	21
Saturated fat (g)	9
Trans Fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	180
Total Carbohydrates (g)	49
Dietary Fiber (g)	1
Sugars (g)	28
Protein (g)	4

ALLERGENS- CONTAINS:



EGG



MILK



SOY



WHEAT

Ingredients: Doughnut (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Soybean Oil, Sugar. Contains 2% or Less of Each of the Following: Yeast, Soy Lecithin, Hydrogenated Soybean Oil, Mono and Diglycerides, Salt, Wheat Gluten, Monocalcium Phosphate, Dried Milk Powder, Cellulose Gum, Lecithin, Maltodextrin, Ascorbic Acid, Calcium Propionate (To Maintain Freshness), Sorbitan Monostearate, Tocopherols, Enzymes, Oat Fiber, Dried Egg Yolks), Filling (Sugar, Water, Palm Oil, Soybean Oil, Corn Syrup Solids, Corn Starch, Mono and Diglycerides, Polysorbate 60, Enzyme Modified Soy Protein, Sodium Hexametaphosphate, Soy Lecithin, Salt, Sodium Caseinate (Milk), Citric Acid, TBHQ), Icing (Sugar, Water, Cocoa Powder (Processed with Alkali), Corn Starch, Soybean Oil, Cocoa Liquor, Palm Oil, Soy Lecithin, Salt, Artificial Flavor, TBHQ, Mono and Diglycerides), Topping (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Sugar, Palm and/or Canola Oil, Cocoa (Processed With Alkali), Invert Sugar, Leavening (Baking Soda and/or Calcium Phosphate), Soy Lecithin, Salt, Chocolate, Natural Flavor), Icing (Sugar, Water, Corn Syrup, Artificial Color, Natural Flavor, Agar, Potassium Sorbate (To Maintain Freshness), Citric Acid, Mono And Diglycerides, Locust Bean Gum, Salt).

Our facilities produce products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat allergies.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

