



## NUTRITION GUIDE

(Based on U.S. formulations as of date of posting)

### Bakery - Denny's

	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Fritter	1 fritter	290	110	12.0	5	0	0	370	40	1	18	4
Bear Claw	1 donut	300	110	13	6	0	0	440	41	1	15	5
Blueberry Muffin	1 muffin	510	190	21.0	4	0	40	460	73	1	44	6
Caramel Frosted Bismark	1 donut	390	160	18	7	0	0	390	52	0	31	4
Caramel Frosted Long John	1 donut	360	160	18	7	0	0	450	46	1	21	4
Chocolate Donut with Sprinkles	1 donut	380	130	14	6	0	20	630	60	2	31	5
Chocolate Frosted Bismark	1 donut	330	100	11	5	0.0	0	370	53	1	31	4
Chocolate Frosted Cake Donut	1 donut	370	120	14	6	0.0	40	580	56	1	28	5
Chocolate Frosted Chocolate Cake Donut	1 donut	360	120	13	6	0	20	630	56	2	28	5
Chocolate Frosted Donut	1 donut	260	90	10	5	0	0	220	41	0	27	2
Chocolate Frosted Long John	1 donut	340	110	13	6.0	0	0	400	53	1	28	4
Chocolate Frosted Twist Donut	1 donut	280	90	10	5	0	0	270	44	0	27	3
Glazed Donut	1 donut	210	90	10.0	5	0	0	220	27	0	14	2
Glazed Twist Donut	1 donut	250	90	10	5	0	0	270	35	0	18	3
Honey Bun	1 donut	450	160	18	7.0	0.0	0	630	67	1	29	7
Jelly Donut	1 donut	330	100	11	5	0	0	360	54	0	32	4
Old Fashioned Glazed Donut	1 donut	380	120	13	6	0	20	480	61	1	34	4
Sugar Cookie	1 cookie	300	120	14	6	0	5	55	41	0	31	2
Sugar Twist Donut	1 donut	230	90	10	4.5	0	0	270	30	0	13	3
Vanilla Donut with Sprinkles	1 donut	390	130	14	6	0	40	580	59	1	31	5
Vanilla Frosted Cake Donut	1 donut	370	120	14	6.0	0	40	580	56	1	28	5
Vanilla Frosted Long John	1 donut	340	110	13	3.0	5	0	400	53	1	28	4

## INGREDIENTS GUIDE

(Based on U.S. formulations as of date of posting)

### Apple Fritter

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), APPLES, SUGAR, SPICE, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID.  
**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### **Bear Claw**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SPICE, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### **Blueberry Muffin**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, SOYBEAN OIL, EGGS, BLUEBERRIES, CORN STARCH, MONO AND DIGLYCERIDES, SOY LECITHIN, BHT, EMULSIFIER, SALT, NONFAT MILK, SODIUM BICARBONATE, ACIDIC SODIUM ALUMINUM PHOSPHATE, CELLULOSE GUM, ARTIFICIAL FLAVOR, SODIUM CASEINATE, GUAR GUM, XANTHAN GUM.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### **Caramel Frosted Bismark**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM PROPIONATE AND POTASSIUM SORBATE, POLYSORBATE 60, SULFITES, RED 40.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### **Caramel Frosted Long John**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM PROPIONATE AND POTASSIUM SORBATE, POLYSORBATE 60, SULFITES, RED 40.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### **Chocolate Donut with Sprinkles**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, COCOA PROCESSED WITH ALKALI, SOYBEAN OIL, DRY EGG YOLK, SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT, NONFAT DRY MILK, DRY WHEY, WHEAT STARCH, SOY LECITHIN, SPICE, DEXTROSE, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVORS, CORN STARCH, PROPYLENE GLYCOL MONO AND DIESTERS OF FATTY ACIDS, SODIUM CASEINATE, CORN OIL, CORN SYRUP, WATER, POWDERED SUGAR, MONO AND DIGLYCERIDES, DEXTRIN, CONFECTIONER'S GLAZE, NATURAL AND ARTIFICIAL FLAVOR, RED 40 LAKE, YELLOW 6 LAKE, CARNAUBA WAX, YELLOW 5 LAKE, BLUE 1 LAKE, RED 3, RED 40.

**CONTAINS: WHEAT, EGGS, SOY, MILK.**

### Chocolate Frosted Bismark

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID, COCOA, HIGH FRUCTOSE CORN SYRUP, TITANIUM DIOXIDE, AGAR, SORBIC ACID AND SODIUM BENZOATE, POLYSORBATE 80, CARAMEL COLOR, YELLOW 5 AND 6.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### Chocolate Frosted Cake Donut

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, COCOA PROCESSED WITH ALKALI, SOYBEAN OIL, DRY EGG YOLK, WATER, POWDERED SUGAR, SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT, NONFAT DRY MILK, DRY WHEY, WHEAT STARCH, SOY LECITHIN, SPICE, DEXTROSE, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVORS, CORN STARCH, PROPYLENE GLYCOL MONO AND DIESTERS OF FATTY ACIDS, SODIUM CASEINATE, CORN OIL, CORN SYRUP, MONO AND DIGLYCERIDES.

**CONTAINS: WHEAT, EGGS, SOY, MILK.**

### Chocolate Frosted Chocolate Cake Donut

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, COCOA PROCESSED WITH ALKALI, SOYBEAN OIL, DRY EGG YOLK, WATER, POWDERED SUGAR, SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT, NONFAT DRY MILK, DRY WHEY, WHEAT STARCH, SOY LECITHIN, SPICE, DEXTROSE, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVORS, CORN STARCH, PROPYLENE GLYCOL MONO AND DIESTERS OF FATTY ACIDS, SODIUM CASEINATE, CORN OIL, CORN SYRUP, MONO AND DIGLYCERIDES.

**CONTAINS: WHEAT, EGGS, SOY, MILK.**

### Chocolate Frosted Donut

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SPICE, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, COCOA, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### Chocolate Frosted Long John

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SPICE, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, COCOA, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### Chocolate Frosted Twist Donut

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SPICE, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, COCOA, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

**Glazed Donut**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SPICE, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

**Glazed Twist Donut**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SPICE, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

**Honey Bun**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SPICE, CINNAMON, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

**Jelly Donut**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, STRAWBERRIES, POTASSIUM SORBATE, RED 40.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

**Old Fashioned Glazed Donut**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM CASEINATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, CELLULOSE GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, CORN SYRUP SOLIDS, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, YELLOW CORN FLOUR, BETA CAROTENE AS COLOR, SOUR CREAM SOLIDS, ALPHA TOCOPHEROLS AS PRESERVATIVE, SODIUM PROPIONATE (PRESERVATIVE).

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

**Sugar Cookie**

INGREDIENTS: BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, POTASSIUM BROMATE, SOYBEAN OIL, SUGAR, CORN STARCH, CORN SYRUP, WHOLE EGGS, BAKING SODA, SALT, VANILLA EXTRACT.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### **Sugar Twist Donut**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DRY WHEY, SOY FLOUR, WATER, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, GUAR GUM, DRY WHOLE EGGS, DRY EGG YOLK, ASCORBIC ACID (DOUGH CONDITIONER), CORN OIL, BETA CAROTENE AS COLOR, ALPHA TOCOPHEROLS AS PRESERVATIVE, DEXTRIN.  
**CONTAINS: WHEAT, MILK, SOY, EGGS.**

### **Vanilla Donut with Sprinkles**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DRY EGG YOLK, SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT, NONFAT DRY MILK, DRY WHEY, WHEAT STARCH, SOY LECITHIN, SPICE, DEXTROSE, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVORS, CORN STARCH, WATER, POWDERED SUGAR, BETA CAROTENE AS COLOR, ALPHA TOCOPHEROLS AS PRESERVATIVE, CORN OIL, CORN SYRUP, DEXTRIN, CONFECTIONER'S GLAZE, NATURAL AND ARTIFICIAL FLAVOR, RED 40 LAKE, YELLOW 6 LAKE, CARNAUBA WAX, YELLOW 5 LAKE, BLUE 1 LAKE, RED 3, RED 40.  
**CONTAINS: WHEAT, EGGS, SOY, MILK.**

### **Vanilla Frosted Cake Donut**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DRY EGG YOLK, SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT, NONFAT DRY MILK, DRY WHEY, WHEAT STARCH, SOY LECITHIN, SPICE, DEXTROSE, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVORS, CORN STARCH, WATER, POWDERED SUGAR, BETA CAROTENE AS COLOR, ALPHA TOCOPHEROLS AS PRESERVATIVE, CORN OIL, CORN SYRUP.  
**CONTAINS: WHEAT, EGGS, SOY, MILK.**

### **Vanilla Frosted Long John**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SOYBEAN OIL, DEXTROSE, SODIUM STEAROYL LACTYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, MONO & DIGLYCERIDES, GUAR GUM, DRY EGG YOLK, SALT, NONFAT DRY MILK, SOY LECITHIN, DRY WHEY, YEAST, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, CORN STARCH, WATER, GLYCERIN, CORN OIL, BETA CAROTENE AS COLOR, DRY WHOLE EGGS, ALPHA TOCOPHEROLS AS PRESERVATIVE, ASCORBIC ACID.  
**CONTAINS: WHEAT, MILK, SOY, EGGS.**