

# ShIPLEY Do-Nuts

## Glazed Do-Nut Nutritional Information

NOTE: All our products contain eggs.

Nutrition Facts		
Glazed Do-Nut		
Serving Size		54.34 g
Servings per Container		1
<b>Amount per serving</b>		
Calories		217
Calories from Fat		10
<b>% Daily Value*</b>		
Total Fat	11 g	18%
Saturated Fat	3 g	14%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	186 mg	8%
Total Carbohydrate	25 g	8%
Dietary Fiber	1 g	2%
Sugars	16 g	0%
Protein	3 g	0%

## ShIPLEY Do-Nuts

### Sausage & Cheese Kolache Nutritional Information

NOTE: All our products contain eggs.

Nutrition Facts		
Sausage & Cheese Kolache		
Serving Size		1 ea.
Servings per Container		1
<b>Amount per serving</b>		
Calories		326
Calories from Fat		148
<b>% Daily Value*</b>		
Total Fat	16 g	25%
Saturated Fat	5 g	25%
Trans Fat	0 g	
Cholesterol	22 mg	7%
Sodium	703 mg	29%
Total Carbohydrate	34 g	11%
Dietary Fiber	4 g	16%
Sugars	7 g	
Protein	11 g	