

# DONUT

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10709
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	1 Each		556582

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	277.30
<b>Fat</b>	15.60g
<b>SaturatedFat</b>	7.30g
<b>Trans Fat</b>	0.12g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	305.60mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	6.00g
<b>Protein</b>	4.30g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 13.88mg	<b>Iron</b> 1.45mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available