

DONUT



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10709
School:	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

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available