

Super Bakery GoodyMan

565641 - GoodyMan® Yeast Raised-Whole Grain Pull-a-Part Donut

-Fun to eat, delicious yeast raised pull-a-part donut -Meets 2 grain credit -4g of Protein per serving -ONLY 8 grams of sugar per serving



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
18450	565641	10091464184501	80/2.5 oz individually wrapped pull-a-part yeast raised bun

Brand	Brand Owner	GPC Description
Super Bakery GoodyMan	Super Bakery	Pies/Pastries - Sweet (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
13.5 LBR	12.5 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.9 INH	13.2 INH	9 INH	2364.1 INQ	7x10	485 Days	-10 FAH / 10 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - C
- Soy - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - N

SERVING SUGGESTIONS

Thaw at room temperature

HANDLING SUGGESTIONS

Maintain frozen. Thaw before serving. Ambient shelf life 5 days.

PREPARATION & COOKING SUGGESTIONS

Thaw and serve

MORE INFORMATION

Nutrition Facts

Servings per container

Serving Size1

Amount Per Serving

Calories240

% Daily Value\*

Total Fat 1114%

Saturated Fat 4.5 g23%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 300 mg13%

Total Carbohydrates 31 g11%

Dietary Fiber 2 g7%

Total Sugars 8 g

Includes 8 g Added Sugars16%

Protein 4 g

Vitamin D 0 mcg0%

Calcium 24 mg2%

Iron 1 mg6%

Potassium 83 mg2%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL), PALM OIL, YEAST, SOYBEAN OIL, SALT, CORN SYRUP, DEFATTED SOY FLOUR, WHEY, MONO- AND DIGLYCERIDES, WHEAT PROTEIN ISOLATE, CORN STARCH, GLYCERIN, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, PALM OIL (HYDROGENATED), YELLOW CORN FLOUR, NONFAT DRY MILK, SODIUM STEAROYL LACTYLATE, CALCIUM CARBONATE, AGAR, COLOR (EXTRACTS OF ANNATTO AND TURMERIC), NATURAL FLAVOR, MONOCALCIUM PHOSPHATE, EGGS

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NUTRITIONAL ANALYSIS



Calories	240
Protein	4 g
Total Carbohydrates	31 g
Sugars	8 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	11
Trans Fat	0 g
Saturated Fat	4.5 g
Added Sugars	8 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	300 mg
Calcium	24 mg
Iron	1 mg
Potassium	83 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



MORE IMAGES

