

# 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	Tlx/Hi	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

## HANDLING SUGGESTIONS



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

## SERVING SUGGESTIONS



Thaw at room temperature

## PREPARATION & COOKING SUGGESTIONS



Thaw and serve

## MORE INFORMATION



# Nutrition Facts

1 Servings per container

**Serving Size** 1

**Amount Per Serving**  
**Calories** 240

% Daily Value\*

**Total Fat** 11 **14%**

Saturated Fat 4.5 g **23%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 300 mg **13%**

**Total Carbohydrates** 31 g **11%**

Dietary Fiber 2 g **7%**

Total Sugars 8 g

Includes 8 g Added Sugars **16%**

**Protein** 4 g

Vitamin D 0 mcg 0%

Calcium 24 mg 2%

Iron 1 mg 6%

Potassium 83 mg 2%

\* 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

