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	TIxHI	Shelf Life	Storage Temp From/To
19.9 INH	13.2 INH	9 INH	2364.1 INQ	7x10	485 Days	-10 FAH / 10 FAH

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.

HANDLING SUGGESTIONS

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

SERVING SUGGESTIONS

Thaw at room temperature

PREPARATION & COOKING SUGGESTIONS

Thaw and serve

INGREDIENTS

WHOLE WHEAT FLOUR, ENTRICHED 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

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   Peanuts - N

Eggs - C   Tree - N

Soybean - C   Fish - N

Wheat - C   Shellfish - N

Sesame - N   Crustaceans - N

Mustard - N   Molluscs - N

MORE INFORMATION

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NUTRITIONAL ANALYSIS

Calories	240	Total Fat	11	Sodium	300 mg
Protein	4 g	Trans Fat	0 g	Calcium	24 mg
Total Carbohydrates	31 g	Saturated Fat	4.5 g	Iron	1 mg
Sugars	8 g	Added Sugars	8 g	Potassium	83 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES