



**Nutritional Matrix for Frozen Dough Items**

Item#	Description	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbs (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %	Thiamin %	Riboflavin %	Niacin %	Folate %
09007	MC Donut Holes	42	110	20	4	3	0.5	1.5	0	0	200	8	19	6	1	2	2	3	0	0	0	6	8	4	4	0
01034	MC Apple Fritter	84	240	40	4.5	7	1	1	0	0	530	22	45	15	2	9	10	7	0	0	4	8	15	10	8	15
01035	MC Cherry Fritters	84	230	35	5	8	1	1	0	0	350	14	41	14	2	8	9	6	0	0	2	10	20	8	8	0
01070	MC Maple Pecan Fritter	85	250	80	5	8	1	1	0	0	400	17	38	13	2	7	5	7	0	0	2	10	20	8	8	0
01071	MC Blueberry Flavored Fritter	85	230	35	5	8	1	1	0	0	370	15	42	14	1	4	11	6	0	0	2	10	15	8	8	0
01208	MC Honeybuns	64	120	25	2.5	4	0.5	1	0	0	170	7	20	7	1	5	3	4	0	0	0	6	10	4	4	0
01294	MC Jumbo Long Johns	62	160	35	2.5	4	0.5	1	0	0	300	11	27	9	1	2	3	4	0	0	0	8	10	5	5	0
01298	MC Jumbo Pershing Rolls	70	170	30	3.5	5	0.5	2	0	0	340	13	32	11	1	5	4	5	0	0	0	10	10	8	8	0
01416	MC Fried Danish	60	190	70	8	12	2	1	0	0	260	11	25	8	1	3	3	4	0	0	0	6	10	6	6	0
01430	MC Cinnamon Strips	56	140	25	3	4	0.5	1.5	0	0	270	11	26	9	1	4	3	4	0	0	0	8	10	6	6	0
01501	MC Jumbo Ring Donuts	56	150	30	2.5	4	0.5	2	0	0	270	10	25	8	1	2	3	4	0	0	0	8	10	6	6	0
01502	MC Jumbo Bismark Shells	56	150	30	2.5	4	0.5	2	0	0	270	10	25	8	1	2	3	4	0	0	0	8	10	6	6	0
01503	MC Long Johns	48	130	25	2.5	4	0.5	2	0	0	230	9	22	7	1	2	2	4	0	0	0	6	9	4	4	0
01504	MC Pershing (Cinnamon) Rolls	56	140	25	3	4	0.5	1.5	0	0	270	11	26	9	1	4	3	4	0	0	0	8	10	6	6	0
01505	MC Chocolate Flav Jumbo Rings	56	140	25	3	4	0.5	1	0	0	240	11	24	8	1	5	4	4	0	0	0	8	10	6	6	0
01509	MC Turtles	56	150	30	3.5	5	1	1	0	0	260	11	27	9	2	7	5	5	0	0	2	10	15	6	6	0
01546	MC Paczki Shells	57	150	25	3	4	0.5	1	5	2	270	11	27	9	1	3	3	5	0	0	2	8	10	6	6	10
01601	MC Grand Ring Donuts	64	160	30	3.5	6	1	1	0	0	370	15	27	9	1	3	5	0	0	0	2	6	10	6	6	8
01602	MC Grand Bismark Shells	64	160	30	3.5	6	1	1	0	0	370	15	27	9	1	2	3	5	0	0	2	6	10	6	6	8
01703	MC Grand Long Johns	71	180	35	4	6	1	1	0	0	410	17	30	10	1	3	3	6	0	0	2	6	10	6	6	8
01704	MC Grand Pershing Cinnamon Rolls	78	200	40	4.5	7	1	1	0	0	440	19	34	11	1	4	4	6	0	0	2	8	10	8	8	10
01801	MC Ring Donuts	42	110	20	2	3	0.5	1.5	0	0	200	8	19	6	1	2	2	3	0	0	0	6	8	4	4	0
01802	MC Bismark Shells	42	110	20	2	3	0.5	1.5	0	0	200	8	19	6	1	2	2	3	0	0	0	6	8	4	4	0
10369	MC Parisette Sweet French Bread	56	140	10	1	2	0	0	15	6	210	9	28	9	1	3	6	5	0	0	0	8	15	10	10	15
10528	MC Sweet French Sub Buns	85	210	15	1.5	3	0	0	22	9	310	12	42	12	1	4	9	8	0	0	0	10	20	15	15	20
10842	MC Gourmet Cinnamon Rolls	119	360	100	15	23	3	2	25	9	560	23	59	20	2	10	16	8	6	0	8	25	40	25	20	20
12024	MC Potato Rolls	35	90	20	2	3	0	0	0	0	150	6	15	5	1	2	1	3	0	0	4	15	10	6	6	0
12029	MC Hot Cross Buns	42	110	15	2	0	0	0	0	0	160	6	20	6	1	2	5	3	0	0	0	8	15	8	8	0
12055	MC Apple Round-A-Bout	64	160	30	3	5	1	1	0	0	360	16	30	10	1	3	6	5	0	0	4	6	10	6	6	10
12056	MC Maple Pecan Round-A-Bout	64	190	60	6	10	1	0	0	0	300	13	29	10	1.5	5	4	5	0	0	1	7	15	6	6	0
12058	MC Blueberry Flav Round-A-Bout	63	170	25	3	5	1	0	0	0	280	12	32	11	1	4	8	5	0	0	1	8	11	6	6	0
12530	MC Jumbo Onion & Cheddar Buns	76	200	55	5	8	1.5	1	0	0	350	13	32	10	1	5	3	5	0	0	0	16	25	16	16	0
13065	MC Silver Dollar Rolls	28	70	10	1	2	0	0.5	0	0	70	2	13	3	1	2	1	3	0	0	0	3	6	3	3	0
18842	MC King Cakes	56	170	50	7	10	1.5	1	12	4	260	11	28	10	1	6	8	8	4	0	4	12	20	12	10	10
18843	MC Cinnamon Swirl Cakes	56	170	50	7	10	1.5	1	12	4	260	11	28	10	1	6	8	8	4	0	4	12	20	12	10	10

These products contain the following "Big Eight" allergen ingredients: Wheat(Gluten), Soy Flour(Soy), Nonfat Dry Milk(Milk), Whey(Milk), and Egg Yolk(Egg)  
 These products are manufactured in a facility which also handles: Wheat, Milk, Egg, Soy, Other Glutens, Sulfites, Dextrose, Cocoa, FD&C Yellow #5 and Corn