



## 83150 Long Johns Unfilled



Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>2 1/4 oz (64g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value *	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2.5g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 26g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 3g Added Sugars	<b>5%</b>
<b>Protein</b> 5g	
Vitamin D 0.2mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 1.6mg	<b>10%</b>
Potassium 70mg	<b>2%</b>
* The % Daily Value (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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

UPC# 04792483150-1

Item Weight: 2.25 oz Pieces per Case: 84

Net Case Weight: 11.81 lbs

Case Dimensions: 19.75 inches long, 15.50 inches wide, 9.50 inches high

Case Cube: 1.68 Cubic Feet

Pallet Ti/Hi: 6 cases per layer, 4 layers high, 24 cases per pallet

Kosher: Yes



**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (PALM, SOYBEAN, AND COTTONSEED), YEAST, SALT, WHEY, DEFATTED SOY FLOUR, MONO AND DIGLYCERIDES, EXTRACT OF CORN FLOUR AND MALTED BARLEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), NONFAT MILK, YELLOW CORN FLOUR, SODIUM STEAROYL LACTATE, DATEM, EGG YOLK WITH SODIUM SILICOALUMINATE, BHT AND CITRIC ACID TO HELP PRESERVE FLAVOR, NATURAL AND ARTIFICIAL FLAVOR, ANNATTO AND TURMERIC EXTRACT COLOR.

**Contains: Wheat, Milk, Soy, and Egg ingredients.**

**This product contains the following "Big Eight" allergen ingredients:**

- Wheat (gluten)
- Soy Flour (soy)
- Nonfat Dry Milk (milk)
- Whey (milk)
- Egg Yolk (egg)

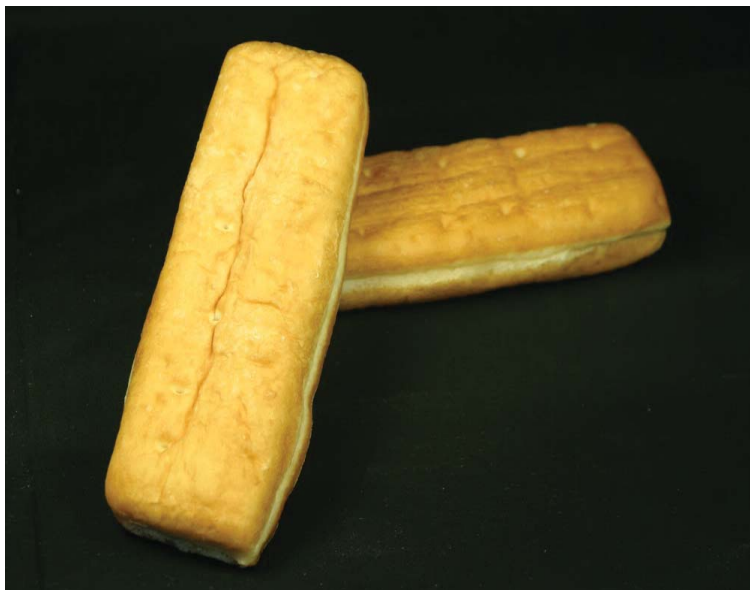


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## 33170 Jumbo Long Johns Unfilled



### Nutrition Facts

72 servings per container  
Serving size 2 1/2 oz (71g)

Amount per serving  
**Calories 260**

	% Daily Value *
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 5g	
Vitamin D 0.2mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 1.8mg	<b>10%</b>
Potassium 60mg	<b>2%</b>

\* The % Daily Value (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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

UPC# 04792433170-4

Item Weight: 2.50 oz Pieces per Case: 72

Net Case Weight: 11.25 lbs

Case Dimensions: 19.75 inches long, 15.50 inches wide, 9.50 inches high

Case Cube: 1.68 Cubic Feet

Pallet Ti/Hi: 6 cases per layer, 4 layers high, 24 cases per pallet

Kosher: Yes



INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, PALM OIL, COTTONSEED AND SOYBEAN OIL, POTATO FLOUR, YEAST, SALT, WHEY, DEFATTED SOY FLOUR, MONO AND DIGLYCERIDES, EXTRACT OF CORN FLOUR AND MALTED BARLEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), NONFAT MILK, YELLOW CORN FLOUR, SODIUM STEAROYL LACTYLATE, DATEM, EGG YOLK WITH SODIUM SILICOALUMINATE, NATURAL AND ARTIFICIAL FLAVOR, ANNATTO AND TURMERIC EXTRACT COLOR.

**Contains: Wheat, Milk, Soy, and Egg ingredients.**

This product contains the following "Big Eight" allergen ingredients:

- Wheat (gluten)
- Soy Flour (soy)
- Nonfat Dry Milk (milk)
- Whey (milk)
- Egg Yolk (egg)



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**MEL****CREAM DONUTS**

INTERNATIONAL, INC.

## 83152 Long Johns Bavarian Filled



### Nutrition Facts

Serving Size 3 oz (85g)  
Servings Per Container 84**Amount Per Serving****Calories** 320 **Calories from Fat** 150  
**Calories from Saturated Fat** 60**% Daily Value\*****Total Fat** 17g **26%****Saturated Fat** 7g **33%****Trans Fat** 1.5g**Polyunsaturated Fat** 2.5g**Monounsaturated Fat** 4.5g**Cholesterol** 0mg **0%****Sodium** 320mg **13%****Total Carbohydrate** 38g **13%****Dietary Fiber** 0g **0%****Sugars** 14g**Protein** 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

Vitamin D 0% • Riboflavin 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

UPC# 04792483152-5

Item Weight: 3.25 oz Pieces per Case: 84

Net Case Weight: 17.06 lbs

Case Dimensions: 19.75 inches long, 15.50 inches wide, 9.50 inches high

Case Cube: 1.68 Cubic Feet

Pallet Ti/Hi: 6 cases per layer, 4 layers high, 24 cases per pallet

Kosher: Yes



INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (PALM, SOYBEAN, AND COTTONSEED), YEAST, HIGH FRUCTOSE CORN SYRUP, SALT, CORN SYRUP, WHEY, FOOD STARCH MODIFIED, DEFATTED SOY FLOUR, MONO AND DIGLYCERIDES, MALTED BARLEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), NONFAT MILK, SORBIC ACID AND SODIUM BENZOATE (AS PRESERVATIVES), TITANIUM DIOXIDE (AS COLOR), SODIUM STEAROYL LACTYLATE, DATEM, EGG YOLK WITH SODIUM SILICOALUMINATE, MONO AND DIGLYCERIDES WITH BHT AS PRESERVATIVE, PHOSPHORIC ACID, AGAR, PROPYLENE GLYCOL, GLYCERINE, BHT AND CITRIC ACID TO HELP PRESERVE FLAVOR, NATURAL AND ARTIFICIAL FLAVOR, ANNATTO AND TURMERIC EXTRACT COLOR, FD&C YELLOW 5 AND 6.

**Contains: Wheat, Milk, Soy, and Egg ingredients.****This product contains the following "Big Eight" allergen ingredients:**

- Wheat (gluten)
- Soy Flour (soy)
- Nonfat Dry Milk (milk)
- Whey (milk)
- Egg Yolk (egg)

**MEL****CREAM DONUTS**

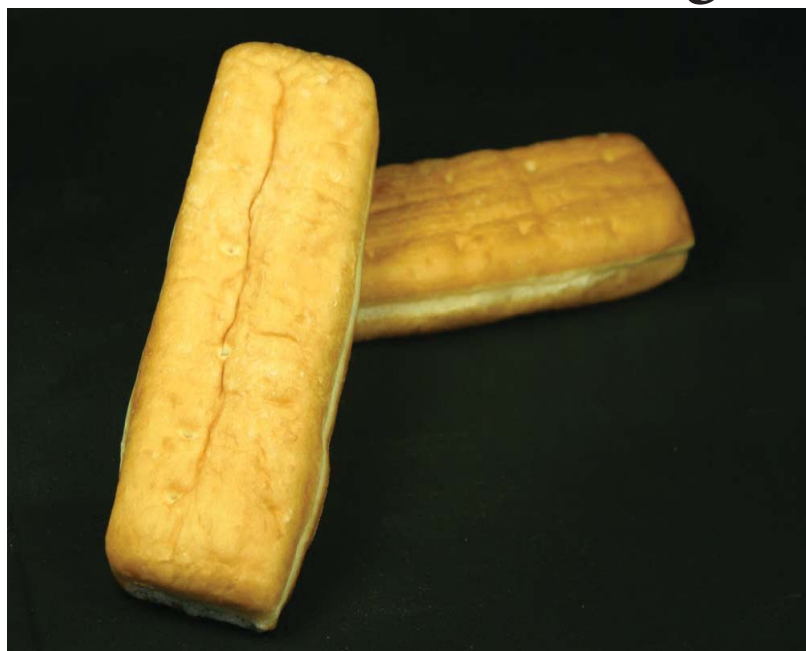
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## 33172 Jumbo Long Johns Bavarian Filled



Nutrition Facts	
72 servings per container	
Serving size	3 1/2 oz (99g)
Amount per serving	
<b>Calories</b>	<b>300</b>
	% Daily Value *
<b>Total Fat</b> 14g	18%
Saturated Fat 3g	14%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	1%
<b>Sodium</b> 370mg	16%
<b>Total Carbohydrate</b> 38g	14%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 9g Added Sugars	18%
<b>Protein</b> 5g	
Vitamin D 0.2mcg	0%
Calcium 30mg	2%
Iron 1.9mg	10%
Potassium 80mg	2%
* The % Daily Value (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.	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

UPC# 04792433172-8

Item Weight: 3.50 oz Pieces per Case: 72

Net Case Weight: 15.75 lbs

Case Dimensions: 19.75 inches long, 15.50 inches wide, 9.50 inches high

Case Cube: 1.68 Cubic Feet

Pallet Ti/Hi: 6 cases per layer, 4 layers high, 24 cases per pallet

Kosher: Yes 



INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (PALM, SOYBEAN, & COTTONSEED), YEAST, HIGH FRUCTOSE CORN SYRUP, SALT, CORN SYRUP, WHEY, FOOD STARCH MODIFIED, DEFATTED SOY FLOUR, MONO AND DIGLYCERIDES, MALTED BARLEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), NONFAT MILK, YELLOW CORN FLOUR, SORBIC ACID AND SODIUM BENZOATE (AS PRESERVATIVES), TITANIUM DIOXIDE (AS COLOR), SODIUM STEAROYL LACTYLATE, DATEM, EGG YOLK WITH SODIUM SILICOALUMINATE, MONO & DIGLYCERIDES WITH BHT AS PRESERVATIVE, PHOSPHORIC ACID, AGAR, PROPYLENE GLYCOL, GLYCERINE, NATURAL FLAVOR, BHT, CITRIC ACID (PRESERVATIVE), ARTIFICIAL FLAVOR, ANNATTO & TURMERIC EXTRACT COLOR, FD&C YELLOW 5 AND 6.

Contains: Wheat, Milk, Soy, and Egg ingredients.

This product contains the following "Big Eight" allergen ingredients:

- Wheat (gluten)
- Soy Flour (soy)
- Nonfat Dry Milk (milk)
- Whey (milk)
- Egg Yolk (egg)



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## 83153 Long Johns MOC Filled



Nutrition Facts	
84 servings per container	
Serving size	3 oz (85g)
Amount per serving	
<b>Calories</b>	<b>320</b>
	% Daily Value *
<b>Total Fat</b> 17g	21%
Saturated Fat 8g	38%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
<b>Total Carbohydrate</b> 38g	14%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 14g Added Sugars	28%
<b>Protein</b> 5g	
Vitamin D 0.2mcg	0%
Calcium 30mg	2%
Iron 1.7mg	10%
Potassium 70mg	2%
* The % Daily Value (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.	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

UPC# 04792483153-2 Item Weight: 3.00 oz Pieces per Case: 84

Net Case Weight: 15.75 lbs

Case Dimensions: 19.75 inches long, 15.50 inches wide, 9.50 inches high

Case Cube: 1.68 Cubic Feet

Pallet Ti/Hi: 6 cases per layer, 4 layers high, 24 cases per pallet

Kosher: Yes



INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (PALM, SOYBEAN, AND COTTONSEED), YEAST, SALT, WHEY, HYDROGENATED PALM OIL, DEFATTED SOY FLOUR, MONO AND DIGLYCERIDES, EXTRACT OF CORN FLOUR AND MALTED BARLEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), NONFAT MILK, YELLOW CORN FLOUR, SODIUM STEAROYL LACTYLATE, DATEM, EGG YOLK WITH SODIUM SILICOALUMINATE, BHT AND CITRIC ACID TO HELP PRESERVE FLAVOR, NATURAL AND ARTIFICIAL FLAVOR, POLY SORBATE 60, ANNATTO AND TURMERIC EXTRACT COLOR.

**Contains: Wheat, Milk, Soy, and Egg ingredients.**

This product contains the following "Big Eight" allergen ingredients:

- Wheat (gluten)
- Soy Flour (soy)
- Nonfat Dry Milk (milk)
- Whey (milk)
- Egg Yolk (egg)



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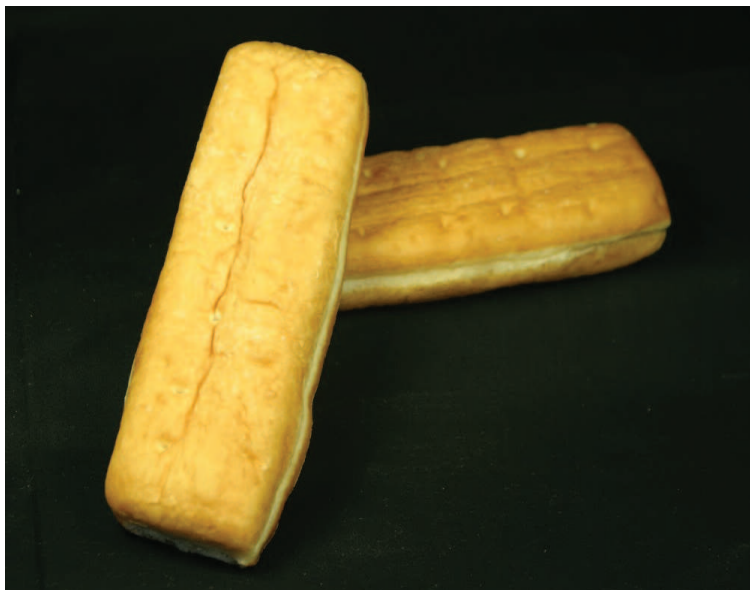
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# MEL - CREAM DONUTS

INTERNATIONAL, INC.

## 33173 Jumbo Long Johns MOC Filled



### Nutrition Facts

Serving Size 3 1/4 oz (92g)  
Servings Per Container 72

#### Amount Per Serving

**Calories** 350    **Calories from Fat** 160  
Calories from Saturated Fat 60

#### % Daily Value\*

<b>Total Fat</b> 18g	<b>28 %</b>
<b>Saturated Fat</b> 7g	<b>36 %</b>
<i>Trans Fat</i> 1.5g	
<b>Polyunsaturated Fat</b> 2.5g	
<b>Monounsaturated Fat</b> 4.5g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 350mg	<b>15 %</b>
<b>Total Carbohydrate</b> 41g	<b>14 %</b>
<b>Dietary Fiber</b> 1g	<b>2 %</b>
<b>Sugars</b> 15g	

#### Protein 5g

Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
Vitamin D 0%	Riboflavin 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	Less than 65g	80g
<b>Sat Fat</b>	Less than 20g	25g
<b>Cholesterol</b>	Less than 300mg	300mg
<b>Sodium</b>	Less than 2,400mg	2,400mg
<b>Total Carbohydrate</b>	300g	375g
<b>Dietary Fiber</b>	25g	30g

UPC# 04792433173-5

Item Weight: 3.25 oz    Pieces per Case: 72

Net Case Weight: 14.63 lbs

Case Dimensions: 19.75 inches long, 15.50 inches wide, 9.50 inches high

Case Cube: 1.68 Cubic Feet

Pallet Ti/Hi: 6 cases per layer, 4 layers high, 24 cases per pallet

Kosher: Yes



INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (PALM, SOYBEAN, AND COTTONSEED), YEAST, SALT, WHEY, HYDROGENATED PALM OIL, DEFATTED SOY FLOUR, MONO AND DIGLYCERIDES, EXTRACT OF CORN FLOUR AND MALTED BARLEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), NONFAT MILK, YELLOW CORN FLOUR, SODIUM STEAROYL LACTYLATE, DATEM, EGG YOLK WITH SODIUM SILICOALUMINATE, NATURAL FLAVOR, BHT, CITRIC ACID (PRESERVATIVE), ARTIFICIAL FLAVOR, POLY SORBATE 60, ANNATTO AND TURMERIC EXTRACT COLOR.

**Contains: Wheat, Milk, Soy, and Egg ingredients.**

This product contains the following "Big Eight" allergen ingredients:

- Wheat (gluten)
- Soy Flour (soy)
- Nonfat Dry Milk (milk)
- Whey (milk)
- Egg Yolk (egg)



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