

Jam Donut

Nutritional Information		
Servings per package: 12		
Average Seving Size: 120g		
	Average Per 124g Serve	Average Per 100g
energy	1340kj	1120kj
Protein	7g	5.8g
Fat, total	10.9g	9g
saturated	4g	3.3g
Carbohydrate	47.3g	39.4g
sugars	4.8g	4g
Sodium	243mg	202mg
<i>All values are averages</i>		
Ingredient Listing Wheat Flour, Water, Raspberry Filling (Water, Sugar, Modified Starch (1442), Raspberry, Food Acid (330, 331), Preservative (220), Flavour, Colour (123, 124)), Fat (Animal Fat, Natural Antioxidant (370b), Food Acid (330), Antifoaming Agent (900a)), Canola Oil, Sugar, Yeast, Salt, Quantum Plus (Emulsifier (481), Wheat Flour, Soya Flour, Free Flow Agent (170), Vegetable Fat, Flour Improver (300), Enzymes), Monofresh Supersoft (Soya Flour, Wheat Flour, Emulsifiers (481, 471), Enzymes, Flour Improver (300)), Baking Powder (Raising Agent (500, 450), Free Flow Agent (170), Maize Starch), Folic Acid.		
Contains Wheat, Gluten, Soy. May contain traces of Milk, soy, egg, nuts and sesame		