

## 25232 RTI Long John w/ Whole Grain



Pre-fried Ready-to-Ice Long John Donuts made with white wheat flour. Easy to use. Just thaw from frozen and decorate with icings or glaze. Designed for K-12 school foodservice but perfect for all segments. 1 Donut = 2 Grain Oz. Equivalent.



## NUTRITION FACTS

1 per Donut

Serving Size: 1 Donut (65g)

Amount Per Serving

**Calories** **210**

% Daily Value\*

<b>Total Fat:</b> 9 g	%
Saturated Fat: 3.5 g	17 %
Trans Fat: g	
<b>Cholesterol:</b> 0 g	%
<b>Sodium:</b> 280 mg	12 %
<b>Total Carbohydrates:</b> 27 g	10 %
Dietary Fiber: 3 g	11 %
Total Sugars: 3 g	
Includes 2 g Added Sugars	4 %
<b>Protein:</b> 6 g	
<b>Vitamin D:</b> 0.02 mcg	0 %
<b>Calcium:</b> 38 mg	2 %
<b>Iron:</b> 1.5 mg	8 %
<b>Potassium:</b> 113 mg	2 %

<b>Grain Oz. Equivalent:</b>	<b>2</b>
<b>Grams of whole grain:</b>	<b>18.05 g</b>
<b>Percent of whole grain:</b>	<b>54.84 %</b>
<b>Grand Total Grains:</b>	<b>34.89 g</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.

### Product Details

UPC: 10710205252322  
Unit Size: 2.3 oz  
Case count: 96  
Master case dimension: 24.0000 x 13.3750 x 9.8750  
Master case cube: 1.83  
Master case net weight: 13.80  
Master gross weight: 15.17  
Pallet Ti / Hi: 6 / 9  
Shelf life: 270 days  
Servings per piece: 1 per Donut  
Kosher: Orthodox Union Dairy Kosher

### Ingredients

ingredients: water, whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil and hydrogenated soybean oil, yeast, vital wheat gluten, contains less than 2% of the following: dextrose, whey, soy flour, salt, monoglycerides, sodium acid pyrophosphate, sodium bicarbonate, food starch - modified, sodium aluminum phosphate, natural and artificial flavors, sodium stearoyl lactylate, beta carotene, enzymes, ascorbic acid, egg, sugar, datem, monocalcium phosphate. contains: wheat, milk, egg, and soy.

### Directions

1. STORE FROZEN UNTIL READY TO USE. \_x000d\_
2. Place donuts flat on a silicone papered pan. \_x000d\_
3. To thaw: leave at room temp. For about 1 hour, or; place pan in proofer for about 30 minutes. Do not place in oven to thaw!! \_x000d\_
4. Finishing: ice top with warm chocolate or maple icing. While icing is still wet, garnish tops with various types of sprinkles or nuts. \_x000d\_

NOTE! WHEN WARMING ICING OR GLAZE, DO NOT EXCEED 115 -120 DEGREES F. \_x000d\_

NOTE! TIMES MAY VARY DUE TO VARIANCE IN EQUIPMENT AND ROOM TEMPERATURE.