



NUTRITION OUTPUT FORM

ITEM NUMBER: 35091

ITEM DESCRIPTION: HOLA CHURRO - CHURRO FRIES 7LBS - WITH CINNAMON SUGAR

Nutrition Facts	
About 59 servings per container	
Serving size	9 pieces (54g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 20mg	0%
*The % Daily Value 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.	

Nutrition Facts	
About 59 servings per container	
Serving size	9 pieces with 16g cinnamon sugar (70g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 38g	14%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 16g Added Sugars	32%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 20mg	0%
*The % Daily Value 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.	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA OIL, COTTONSEED OIL, PALM OIL, SOYBEAN OIL), WATER, WHEAT STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: ARTIFICIAL FLAVOR, VITAL WHEAT GLUTEN, FOOD STARCH-MODIFIED, SUGAR, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), EGG WHITES, MONOGLYCERIDES, XANTHAN GUM.

CINNAMON SUGAR TOPPING: SUGAR, CINNAMON.

CONTAINS EGG, WHEAT.

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

100g NUTRITIONAL – PLAIN	
Basic Components	
Calories (kcal)	431.438
Calories from SatFat (kcal)	105.731
Protein (g)	3.344
Carbohydrates (g)	40.253
Dietary Fiber (2016) (g)	0.607
Total Sugars (g)	0.759
Added Sugar (g)	0.716
Fat (g)	28.620
Saturated Fat (g)	11.748
Mono Fat (g)	10.613
Poly Fat (g)	2.543
Trans Fatty Acid (g)	0.307
Cholesterol (mg)	0.156
Water (g)	26.510
Ash (g)	1.119
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0.007
Vitamin D - IU (IU)	0.429
Vitamin D - mcg (mcg)	0.169
Minerals	
Calcium (mg)	14.612
Iron (mg)	2.285
Potassium (mg)	35.624
Sodium (mg)	385.699

Heating Instructions:

- Fryer - 350°F for 30-45 seconds
- Oven: 375° for 3-5 minutes

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MODIFIED BY: Joseph Leonard

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