Abundant Life Foods GF Doughnut Mix **Nutrition Facts** 

18 servings per container

| Serving size (28g) | dry mix |
|--------------------|---------|
|                    |         |
| Amount Per Serving |         |
| Calariaa           |         |

| Amount Per Serving |              |
|--------------------|--------------|
| Calories           | 90           |
|                    |              |
|                    | 0/ 5 !! 1/ ! |

% Daily Value Total Fat 0.5g 1% Saturated Fat 0g 0%

Trans Fat 0a Cholesterol 25mg

8%

| Sodium 260mg           | 11 |
|------------------------|----|
| Total Carbohydrate 18g | 7  |
| Dietary Fiber 5g       | 18 |
|                        |    |

| rotal Carbonyurate rog | 17  |
|------------------------|-----|
| Dietary Fiber 5g       | 18% |
| Total Sugars 5g        |     |
| 1                      |     |

| Total Sugars 5g          |    |
|--------------------------|----|
| Includes 3g Added Sugars | 6% |
| Protein 3g               | 6% |

| 3                        |    |
|--------------------------|----|
| Includes 3g Added Sugars | 6% |
| Protein 3g               | 6% |
|                          |    |
|                          |    |

| Protein 3g     | 6% |
|----------------|----|
|                |    |
| /itamin D 0mcg | 0% |

| rotein sg      | 67  |
|----------------|-----|
|                |     |
| /itamin D 0mcg | 0%  |
| \- -! 04       | 00/ |

| /itamin D 0mcg | 0% |
|----------------|----|
| Calcium 31mg   | 29 |

| Vitamin D 0mcg | 0, |
|----------------|----|
| Calcium 31mg   | 2  |
| ron 0mg        | 0, |

Potassium 72mg

\*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.