



NUTRITION OUTPUT FORM

ITEM NUMBER: 4185

ITEM DESCRIPTION: HOLA CHURRO BITES 14#

Nutrition Facts	
about 66 servings per container	
Serving size	4 pieces (49g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 1.1mg	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.	

INGREDIENTS: WATER, 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), WHEAT STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: NATURAL FLAVOR, WHEAT GLUTEN, FOOD STARCH - MODIFIED, SUGAR, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), EGG WHITES, MONOGLYCERIDES, XANTHAN GUM.

CONTAINS EGG, WHEAT.

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	355.842
Calories from Fat (kcal)	189.540
Protein (g)	3.187
Carbohydrates (g)	38.359
Dietary Fiber (2016) (g)	0.578
Total Sugars (g)	0.723
Added Sugar (g)	0.682
Fat (g)	21.060
Saturated Fat (g)	8.530
Mono Fat (g)	7.753
Poly Fat (g)	1.865
Trans Fatty Acid (g)	0.231
Cholesterol (mg)	0.149
Water (g)	36.280
Ash (g)	1.066
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0.007
Vitamin D - IU (IU)	0.409
Vitamin D - mcg (mcg)	0.161
Minerals	
Calcium (mg)	13.924
Iron (mg)	2.178
Potassium (mg)	33.948
Sodium (mg)	367.546

LAST MODIFIED: 1.26.23

MODIFIED BY: Rachel Reynolds

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