

Basic Report 18250, Doughnuts, cake-type, plain, sugared or glazed

Report Date: September 20, 2019 02:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 doughnut, medium (approx 3" dia) 45g
Proximates				
Water	g	19.60	5.56	8.82
Energy	kcal	426	121	192
Protein	g	5.20	1.47	2.34
Total lipid (fat)	g	22.90	6.49	10.30
Carbohydrate, by difference	g	50.80	14.40	22.86
Fiber, total dietary	g	1.5	0.4	0.7
Minerals				
Calcium, Ca	mg	60	17	27
Iron, Fe	mg	1.06	0.30	0.48
Magnesium, Mg	mg	17	5	8
Phosphorus, P	mg	117	33	53
Potassium, K	mg	102	29	46
Sodium, Na	mg	402	114	181
Zinc, Zn	mg	0.44	0.12	0.20
Vitamins				
Vitamin C, total ascorbic acid	mg	0.1	0.0	0.0
Thiamin	mg	0.233	0.066	0.105
Riboflavin	mg	0.198	0.056	0.089
Niacin	mg	1.512	0.429	0.680
Vitamin B-6	mg	0.027	0.008	0.012
Folate, DFE	µg	70	20	32
Vitamin B-12	µg	0.24	0.07	0.11
Vitamin A, RAE	µg	3	1	1
Vitamin A, IU	IU	10	3	4
Lipids				
Fatty acids, total saturated	g	5.926	1.680	2.667

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 doughnut, medium (approx 3" dia) 45g
Fatty acids, total monounsaturated	g	12.697	3.600	5.714
Fatty acids, total polyunsaturated	g	2.909	0.825	1.309
Cholesterol	mg	32	9	14
Amino Acids				
Other				