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How many carbs are in donut holes

Serving size Amount per serving % Daily Value* Total Fat 14g 18% Saturated Fat 6g 31% Trans Fat 0g   Cholesterol 10mg 4% Sodium 230mg 10% Total Carbohydrate 29g 11% Dietary Fiber 0g 0% Sugars 16g   Includes 16g Added Sugars 32% Protein 2g   Vitamin D 0mcg 0% Calcium 20mg 0% Iron 0.8mg 6% Potassium 45mg 0% * 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. PDF Complete Specs Case Label K12 Sales Sheet Sales Sheet Table Tents Like donuts? Of course you do! These apple cider donut holes are powdered with cinnamon and are great for breakfast or as a snack. Delicious and savory, they are perfect any time of the day. General Specifications Pack: 18/11 oz Kosher: No Shelf Life: 10 days at ambient. 365 days frozen. Status: Inactive Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Palm Oil, Contains 2% or less of: Whole Wheat Flour, Soybean Oil, Soy Flour, Artificial Flavor, Beta-Carotene(Color), Canola Oil, Caramel Color, Cellulose Gum, Cinnamon, Cream, Dried Apples, Egg Yolks, Enzymes, Glucono Delta-Lactone, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate), Mono- and Diglycerides, Nonfat Milk, Propylene Glycol Esters of Fatty Acids, Salt, Sodium Stearoyl Lactylate, Soy Lecithin, Wheat Starch, Guar Gum, Xanthan Gum. Cinnamon Coating: Dextrose, Cornstarch, Palm Oil, Cinnamon, Titanium Dioxide, Cocoa Processed with Alkali, Salt, Calcium Propionate (Preservative). Contains egg, milk, soy, and wheat ingredients. Contains bioengineered food ingredients.This product is produced in a nut-free facility. GTIN: 00737410730806 Dimensions: 18.75" x 12.75" x 9.5" Cube: 1.31 Gross Weight: 13.79 lb Per Pallet: 49 Tier x Height: 7 x 7 Case Label Download the case label PDF. Cases may be marked with on-case inkjetting or labels with some variance from the example. Bake Crafters INACTIVE - Donut Holes, Apple Cider, Cinnamon Powdered. Portion to provide at least 225.0 calories, with no more than 15 grams of fat. Must contain less than 280.0 milligrams of sodium. Acceptable brand: Bake Crafters 7308. NewSearch CC0/Free-Photos/Pixabay It's not easy to maintain a healthy weight. Fad diets never work, and let's face it: nobody wants to starve. We all want to enjoy what we eat, but how can you eat well and still be healthy? Carbs are one of the biggest obstacles to healthy eating, and if you know a few tricks, you can cut some carbs and not miss out on good food. Here are some tips on how to eat well without all those carbs:Cook More Often.The truth of the matter is, we all eat far too many processed foods. If you can cook your own food more often, you can do without some of the carbs that processed foods pack into your day. Besides, cooking can be fun for the whole family. Start out simple, by making your own sauces and salad dressings. Then branch out and try new recipes. Look for low-carb versions of your standard family favorites, and spread your wings even more. You can even try some desserts that cut the carbs. You may discover things you never knew you loved and meet some new favorite dishes.Enjoy Your Dips without the Chips.Everybody loves a good dip, especially at parties. You know that you wind up scooping dips with a carb-laden chip, but you don't have to. Next time, try that french onion dip with a slice of cucumber or zucchini instead of potato chips. Scoop your hummus with a carrot instead of a pita chip. Sliced veggies provide a nice crunch without having to subject yourself to a ton of carbs. This principle works with sweeter treats as well (yes, even though the sweet stuff usually contains plenty of carbs on its own). Instead of making a peanut butter sandwich, spread it on some celery or an apple. You can still enjoy some of the tastes you crave and cut out some carbs at the same time.Splurge on Seafood.One of the best ways to enjoy terrific food and eat healthy is seafood. Whether you're well versed in seafood recipes or not, there are plenty of ways to eat fish and other seafood that can satisfy every taste. While it's true that seafood can be expensive, it can be a nice splurge that offers great flavor and healthier eating. Seafood recipes can be simple or complex. Start with the basics: the possibilities with shrimp, scallops, and salmon are endless. Then branch out to other great seafood options. Freshwater fish and crawfish have plenty of exciting potential to open your horizons to healthy eating as well.Try Veggies Instead of Pasta when You Enjoy Italian Food.Who doesn't love pasta? It's fun to eat and delicious, but it's loaded with carbs. But you don't have to cut your favorite Italian dishes completely out of your life. There's a great alternative: vegetables. You can substitute veggies for pasta and still make the best Italian meals delicious. Try sliced zucchini or eggplant with your favorite sauces, or invest in a spiralizer to create swirly, twisty veggie noodles. You can even lightly fry up veggies to give them a little extra bite. You'll be surprised how much flavor veggies can bring when you season them up and use them in place of pasta for healthier eating.Omelets or Oatmeal Make a Terrific Breakfast.You've heard it said time and time again that breakfast is the most important meal of the day, but for such an important meal, so many breakfast options weigh you down with carbs. Biscuits, toast, and bagels come with more carbs than you need to start your day. So what do you do for a healthy breakfast that's hearty? Omelets are a great option for a flavorful and filling breakfast. Add meat and cheese or veggies to an omelet, and throw in some peppers for a bit of spice. You can also turn oatmeal into a tasty healthy breakfast. Throw some fresh berries and honey into the bowl to create a treat that wakes you up right. MORE FROM QUESTIONSANSWERED.NET Serving Size: 1 serving Calories 52.0 Total Fat 3.0 g Saturated Fat 1.0 g Polyunsaturated Fat 0.0 g Monounsaturated Fat 2.0 g Cholesterol 1.0 mg Sodium 44.0 mg Potassium 14.0 mg Total Carbohydrate 6.0 g Dietary Fiber 0.0 g Sugars 3.0 g Protein 1.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 1.0 % Copper 0.0 % Folate 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic Acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % Thiamin 0.0 % Zinc 0.0 % *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Some of these foods were entered by users and are subject to error. Dunkin Donut Hole (1 serving)Calories: 50, Fat: 3g, Carbs: 7g, Protein: 1g Show full nutrition information Nutrition Facts Calories in Dunkin Donut Hole Serving Size: 1 serving Amount Per Serving Calories 50.0 Total Fat 2.5 g Saturated Fat 1.0 g Polyunsaturated Fat 0.0 g Monounsaturated Fat 0.0 g Cholesterol 0.0 mg Sodium 65.0 mg Potassium 0.0 mg Total Carbohydrate 7.0 g Dietary Fiber 0.0 g Sugars 3.0 g Protein 1.0 g *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. 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