



## Donuts Nutrition Facts

Product		Energy (kJ)	Energy (Kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
<b>Donuts</b>										
<b>Chocolate Lovers</b>	1 donut	1506	360	19	9	43	22	1	5	350
<b>Powdered White Chocolate</b>	1 donut	1339	320	19	8	32	13	1	4	320
<b>Frosted White Chocolate</b>	1 donut	1423	340	19	8	37	18	1	4	340
Glazed Ring	1 donut	962	230	13	6	25	10	1	3	230
Chocolate Frosted Ring	1 donut	962	230	13	6	27	11	1	3	260
Chocolate Frosted with Sprinkles	1 donut	1046	250	13	6	30	13	1	3	260
Caramel Frosted Ring	1 donut	1004	240	14	7	23	18	1	3	260
Cinnamon Powdered Ring	1 donut	879	210	13	6	21	15	1	3	230
Strawberry Frosted Ring	1 donut	962	230	13	6	27	11	1	3	250
Strawberry Frosted Rainbow Sprinkle Ring	1 donut	1046	250	13	6	31	15	1	3	250
Vanilla Frosted Ring	1 donut	962	230	13	6	27	11	1	3	250
Vanilla Frosted with Rainbow Sprinkles	1 donut	1046	250	13	6	31	15	1	3	250
Caramel Frosted Ring with Chocolate Sprinkles	1 donut	1130	270	16	8	30	13	1	4	260
Frosted Ring with Seasonal Color	1 donut	962	230	13	6	27	11	1	3	250
Sugared Raspberry Jelly Shell	1 donut	1046	250	13	6	31	15	1	3	240
Boston Crème	1 donut	1172	280	15	8	33	17	1	4	280
Powdered Bavarian Crème Shell	1 donut	1088	260	15	8	28	12	1	4	260
Double Caramel	1 donut	1172	280	16	7	32	15	1	4	310
Nougat Creme	1 donut	1213	290	17	8	30	15	1	4	260
Sugared Nougat Creme	1 donut	1213	290	17	8	30	15	1	4	260
Powdered Lemon Shell	1 donut	1088	260	14	6	31	14	1	3	250
Frosted Lemon Shell	1 donut	1255	300	16	8	36	19	1	3	270
Cinnamon Powdered Apple Shell	1 donut	1004	240	13	6	27	11	1	3	270
Powdered Strawberry Shell	1 donut	1004	240	13	6	27	11	1	3	270
Frosted Strawberry Shell	1 donut	1130	270	13	6	33	17	1	3	290
Frosted Heart Shell	1 donut	1423	340	13	6	37	18	1	3	270
Glazed Yeast Munchkin	1 donut	209	50	2,5	1,5	6	3	0	1	50
Powdered Yeast Munchkin	1 donut	209	50	2,5	1,5	6	2	0	1	50
Cinnamon Powdered Yeast Munchkin	1 donut	209	50	2,5	1,5	6	2	0	1	50
Sugared Jelly Filled Munchkin	1 donut	209	50	2,5	1,5	7	4	0	1	50
Powdered Bavarian Filled Munchkin	1 donut	293	70	2,5	1	5	2	0	1	50
Powdered Raspberry Filled Munchkin	1 donut	251	60	3	1,5	7	4	0	1	50
Smiley Face	1 donut	1213	290	13	6	34	18	1	3	290
Chocolate orange	1 donut	1046	250	13	6	31	14	1	3	260
Smiley Santa	1 donut	1213	290	13	6	34	18	1	3	290
Green Christmas Star	1 donut	1172	280	13	6	37	20	1	3	290
Red Christmas Star	1 donut	1172	280	13	6	37	20	1	3	290
Apple Crumble	1 donut	1255	300	15	7	36	19	1	4	290
Apple Cinamon	1 donut	1004	240	13	6	27	11	1	3	270
Lemon ring with sprinkles	1 donut	962	230	13	6	27	11	1	3	250
Nougat Hazelnut crunch	1 donut	1464	350	19	9	39	22	1	4	280
Strawberries & Cream	1 donut	1255	300	15	8	38	22	1	4	280
Lemon Meringue	1 donut	1255	300	15	8	38	22	1	4	280
Maple Iced	1 donut	962	230	13	6	27	11	1	3	250
Cookies and cream	1 donut	1255	300	16	8	37	18	1	4	300
Cinamon Glazed	1 donut	962	230	13	6	25	10	1	3	230
Sugar Raised	1 donut	920	220	12	6	24	9	1	3	230
Double Chocolate	1 donut	1297	310	18	8	32	16	1	3	360
Glazed chocolate munchkins	1 donut	251	60	4	2	7	4	0	1	70
Chocolate munchkins	1 donut	293	70	3,5	1,5	5	2	0	1	70
Glazed chocolate cake	1 donut	1297	310	18	8	32	16	1	3	340
chocolate coated munchkins	1 donut	293	70	4	2	7	4	0	1	70
Chocolate Cake	1 donut	1130	270	18	8	23	8	1	3	340
Old Fashioned	1 donut	1130	270	17	8	24	9	1	3	340



