



# NUTRITION INFORMATION

## ORIGINAL GLAZED®

Serving Size: 50g Avg

Average Quantities	Per Serving	Per 100g
Energy	815kJ	1630kJ
	195Cal	390Cal
Protein	1.95g	3.9g
Fat	10.7g	21.4g
- Total		
- Saturated	3.95g	7.9g
Carbohydrates	22.45g	44.9g
- Sugars	11.9g	23.8g
Sodium	77.5mg	155mg

### Ingredients:

Doughnut (73%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Glaze (27%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## CHOC ICED CUSTARD

Serving Size: 84g Avg

Average Quantities	Per Serving	Per 100g
Energy	1340kJ	1580kJ
	320Cal	378Cal
Protein	3.4g	4.0g
Fat	20.1g	23.8g
- Total		
- Saturated	9.9g	11.7g
Carbohydrates	31.1g	36.8g
- Sugars	13.6g	16.1g
Sodium	132mg	156mg

### Ingredients:

Doughnut (73%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Custard Filling (21%) (Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickeners (1442), Vegetable Oil, Emulsifiers (471-**Soy**, 435), Flavour, Colours (171, 102, 110), Preservative (202)), Dark Compounded Chocolate (15%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk Solids** (9%), Emulsifiers (322-**Soy**, 476, 492), Flavour). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## CHOC ICED SPRINKLES

Serving Size: 71g Avg

Average Quantities	Per Serving	Per 100g
Energy	1320kJ	1860kJ
	295Cal	445Cal
Protein	2.7g	3.8g
Fat	13.4g	18.9g
- Total		
- Saturated	6.8g	9.6g
Carbohydrates	45.7g	64.3g
- Sugars	22.8g	32.1g
Sodium	93.7mg	132mg

### Ingredients:

Doughnut (52%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Glaze (19%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours), Dark Compounded Chocolate (15%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk Solids** (9%), Emulsifiers (322-**Soy**, 476, 492), Flavour), Sprinkles Topping (14%) (Sugar, Vegetable Fat (Emulsifiers (492, 322-**Soy**)), Glucose (**Wheat**), Vegetable Gum (414), Colours (122, 123, 124, 102, 133, 110)). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## CHOC ICED

Serving Size: 61g Avg

Average Quantities	Per Serving	Per 100g
Energy	1055kJ	1730kJ
	253Cal	402Cal
Protein	2.4g	3.9g
Fat	14.2g	23.2g
- Total		
- Saturated	7.1g	11.7g
Carbohydrates	28.9g	47.3g
- Sugars	17.8g	29.2g
Sodium	82.4mg	135mg

### Ingredients:

Doughnut (62%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Glaze (21%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours), Dark Compounded Chocolate (17%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk Solids** (9%), Emulsifiers (322-**Soy**, 476, 492), Flavour). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## CARAMEL DELIGHT

Serving Size: 89g Avg

Average Quantities	Per Serving	Per 100g
Energy	1570kJ	1760kJ
	376Cal	423Cal
Protein	5.0g	5.7g
Fat	22.6g	25.4g
- Total		
- Saturated	12.5g	14.0g
Carbohydrates	38.5g	43.3g
- Sugars	18.4g	20.6g
Sodium	173mg	194mg

### Ingredients:

Doughnut (64%) (**Wheat** Flour, Vegetable Shortenings (Contains **Soy**), Water, Sugar, Yeast, **Wheat Gluten**, **Egg Powder**, Salt, Non Fat **Milk Solids**, Filling Agent (516), Emulsifiers (471, 481, 322-**Soy**), Acidity Regulators (263, 500), Thickener (466), Flavours), Caramel Filling (21%) (Sugar, Water, Glucose Syrup, Vegetable Fat, **Milk Solids**, Thickeners (1442), Humectant (422), Emulsifiers (471, 322-**Soy**)), Flavours, Salt, Vegetable Gum, Caramelised Sugar Syrup, Preservative (202)), Caramel Truffle (13%) (Vegetable Fats And Oils (Contains **Soy**), Sugar, **Milk Solids**, **Cream Powder**, Colours (102, 110, 129, 133), Flavour), Vanilla Biscuit Crumb (2%) (Contains **Wheat** Flour, **Wheat** Glucose Syrup, Malt Extract (**Barley**, Rice)), Chocolate Ganache (2%) (Contains (322-**Soy**), Cocoa Powder (14%), **Milk Solids**). **CONTAINS: Gluten Cereals (Wheat, Barley), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sulphites and Lupin.**

## TIRAMISU

Serving Size: 86g Avg

Average Quantities	Per Serving	Per 100g
Energy	1320kJ	1530kJ
	315Cal	366Cal
Protein	3.0g	3.4g
Fat	16.9g	19.6g
- Total		
- Saturated	7.7g	9.0g
Carbohydrates	38.0g	44.2g
- Sugars	23.2g	26.9g
Sodium	106mg	124mg

### Ingredients:

Doughnut (44%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Glaze (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours), Coffee flavoured Truffle Icing (10%) (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk Solids**, Cream Powder, Flavours, Shortening (Contains **Soy**), Colour (150c), Water, Preservative (202)), Chocolate Flakes (**Milk Solids** (17%), Cocoa (7%), Emulsifiers (**Soya** Lecithin-322, 492)), Chocolate Ganache (contains: Cocoa Powder (14%), Emulsifier 322-**Soy**, **Milk Solids**). **CONTAINS: Gluten Containing Cereals, Soy, Egg, and Milk. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## CHOC BROWNIE BATTER

Serving Size: 84g Avg

Average Quantities	Per Serving	Per 100g
Energy	1370kJ	1570kJ
Protein	3.9g	4.5g
Fat	19.7g	22.6g
- Total		
- Saturated	10.1g	11.6g
Carbohydrates	34.1g	39.2g
- Sugars	14.4g	16.6g
Sodium	171mg	197mg

### Ingredients:

Doughnut (63%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Glaze (27%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406)), **Egg** Yolks (11%), Flavour), **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406)), Cream Cheese Frosting (18%) (Sugar, Vegetable Oils, Water, **Cream** Cheese Powder (**Milk**), Humectant (Sorbitol Syrup)), White Truffle (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Flavour, Colours (171, 102, 110), Preservative (202)), Cocoa Powder (14%), **Milk Solids** (9%), Emulsifiers (322-**Soy**, 476), Flavour), White Truffle (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk Solids** (10%), **Cream Powder**, Cocoa Powder (5%), Condensed Milk, Fructose Syrup, Coconut Oil, Glucose (**Wheat**), Cocoa Powder (5%), Cocoa Powder (6%), Fructose Syrup, Raising Agents (500, 503), Salt, Emulsifier (322-**Soy**), Corn Starch, Flavour) **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## GLAZED LEMON

Serving Size: 72g Avg

Average Quantities	Per Serving	Per 100g
Energy	1080kJ	1490kJ
Protein	2.1g	2.9g
Fat	11.1g	15.4g
- Total		
- Saturated	4.4g	6.1g
Carbohydrates	36.8g	51.1g
- Sugars	24.5g	34.1g
Sodium	119mg	165mg

### Ingredients:

Doughnut (72%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Glaze (27%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406)), Emulsifiers (471-**Soy**, 491)), Flavours), Lemon cream (25%) (Sugar, Water, Vegetable Fat, Modified Starch (1442), Lemon Juice Concentrate (223), Acidity Regulator (296, 330, 331), Mineral Salt (452, 516), Vegetable Gum (401, 418), Lemon Oil, Colour (160a, 171, Gardenia Extract), Preservative (202), Emulsifier (433), Yellow Icing (Sugar) (97%), **Wheat** Starch (5%), Antioxidant (307b-**Soy**), Vegetable Fat and Oil, Emulsifier (471, 435, 322-**Soy**), Thickeners (406), Flavour, Colours (102, 122), Food Acid (330), Preservatives (202, 211) **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## PUDDING

Serving Size: 93g Avg

Average Quantities	Per Serving	Per 100g
Energy	1460kJ	1570kJ
Protein	3.8g	4.1g
Fat	20.7g	22.3g
- Total		
- Saturated	10.3g	11.1g
Carbohydrates	36.6g	39.4g
- Sugars	18.1g	19.5g
Sodium	141mg	152mg

### Ingredients:

Doughnut (58%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Custard Filling (19%) (Water, Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickeners (1442), Vegetable Oil, Emulsifiers (471, 435), Salt, Flavour, Colours (171, 102, 110), Preservative (202)), Chocolate Compound (12%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk Solids** (9%), Emulsifiers (322-**Soy**, 476), Flavour), White Truffle (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Flavour, Kit Kat (Sugar, Milk Powder, Colours (Spirulina Blue, 100), Emulsifier (322-**Soy**), Flavour), Kit Kat (Sugar, Milk Powder, Colours (Spirulina Blue, 100), Emulsifier (322-**Soy**), Flavour), Kit Kat (Sugar, Cocoa Mass, Cocoa, Glucose Syrup, Emulsifiers (476-**Soy** Lecithin), Yeast, Raising Agent (Sodium Bicarbonate), Salt, Flavours), White Truffle Drizzle (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk Solids**, **Cream Powder**, Emulsifier (322-**Soy**), Flavour, Sprinkles (Sugar, Tapioca Starch, Colours (133, 102, 124, 110, 132, 000), Glazing Agent (903)). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY BE PRESENT: Peanuts, Tree Nuts, Sesame, Sulphites and Lupin.**

## CHRISTMAS TREE

Serving Size: 76g Avg

Average Quantities	Per Serving	Per 100g
Energy	1430kJ	1890kJ
	342Cal	451Cal
Protein	4.2g	5.6g
Fat	22.7g	29.8g
- Total		
- Saturated	10.1g	13.3g
Carbohydrates	30.2g	39.8g
- Sugars	13.6g	17.9g
Sodium	125mg	164mg

### Ingredients:

Doughnut (70%) (**Wheat** Flour, Vegetable Shortenings (Contains **Soy**), Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Flavour, Regulator (341), Yeast Doughnut Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Milk Solids**, Thickeners (466)), **Egg** Yolks (11%), Green Truffle Icing (20%) (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk Solids**, **Cream Powder**, Colours (Spirulina Blue, 100), Emulsifier (322-**Soy**), Flavour), Kit Kat (Sugar, Milk Powder, Colours (Spirulina Blue, 100), Emulsifier (322-**Soy**), Flavour), Kit Kat (Sugar, Cocoa Mass, Cocoa, Glucose Syrup, Emulsifiers (476-**Soy** Lecithin), Yeast, Raising Agent (Sodium Bicarbonate), Salt, Flavours), White Truffle Drizzle (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk Solids**, **Cream Powder**, Emulsifier (322-**Soy**), Flavour, Sprinkles (Sugar, Tapioca Starch, Colours (133, 102, 124, 110, 132, 000), Glazing Agent (903)). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sesame, Sulphites and Lupin.**

## NUTELLA® RING

Serving Size: 64g Avg

Average Quantities	Per Serving	Per 100g
Energy	1230kJ	1930kJ
	294Cal	461Cal
Protein	3.8g	5.9g
Fat	19.4g	30.4g
- Total		
- Saturated	6.6g	10.3g
Carbohydrates	25.8g	40.3g
- Sugars	14.4g	22.6g
Sodium	101mg	158mg

### Ingredients:

Doughnut (62%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Nutella (32%) (Sugar, Vegetable Oil, **Hazelnuts** (13%), Cocoa, **Milk Solids**, Emulsifier (322-**Soy**), Flavour), Caramelised **Hazelnuts** (6%) (**Hazelnuts** (73%), Sugar, Tapioca Dextrin). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk, Hazelnuts and Soy. MAY CONTAIN: Peanuts, Other Tree Nuts, Sulphites and Lupin.**

## STRAWBERRY JAM

Serving Size: 72g Avg

Average Quantities	Per Serving	Per 100g
Energy	1070kJ	1470kJ
	256Cal	351Cal
Protein	2.9g	4.0g
Fat	15.8g	21.8g
- Total		
- Saturated	5.9g	8.1g
Carbohydrates	25.0g	34.4g
- Sugars	8.9g	12.2g
Sodium	113mg	156mg

### Ingredients:

Doughnut (75%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Strawberry Filling (24%) (Sucrose Syrup, Strawberries (23%), Thickeners (1442, 410, 415), Acidity Regulator (330), Preservatives (200, 211), Flavour, Colour (129)), Icing Sugar. **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## TRADITIONAL CINNAMON

Serving Size: 46g Avg

Average Quantities	Per Serving	Per 100g
Energy	801kJ	1740kJ
	181Cal	416Cal
Protein	2.2g	4.8g
Fat	12.3g	26.7g
- Total		
- Saturated	4.6g	9.9g
Carbohydrates	17.8g	38.7g
- Sugars	6.0g	13.1g
Sodium	83mg	180mg

### Ingredients:

Doughnut (91%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Cinnamon sugar (9%) (Sugar, Cinnamon (1.5%), **Wheat** Starch). **MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## STRAWBERRY ICED

Serving Size: 67g Avg

Average Quantities	Per Serving	Per 100g
Energy	1286kJ	1920kJ
	307Cal	459Cal
Protein	2.5g	3.7g
Fat	17.2g	25.7g
- Total		
- Saturated	7.7g	11.5g
Carbohydrates	36.2g	54.0g
- Sugars	23.5g	35.1g
Sodium	85.1mg	127mg

### Ingredients:

Doughnut (54%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg Powder**, **Milk Solids**, Thickeners (466)), Strawberry Flavoured Icing and Drizzle (25%) (Sugar, Vegetable Fats and Oils, **Wheat** Glucose Syrup, **Wheat** Starch, Emulsifiers (435, 471, 322-**Soy**), Flavour, Colours (124, 122)), Glaze (21%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites.**

## STRAWBERRY SPRINKLES

Serving Size: 63g Avg

Average Quantities	Per Serving	Per 100g
Energy	1090kJ	1720kJ
	259Cal	412Cal
Protein	2.7g	4.2g
Fat	14.7g	23.4g
- Total</		