



# NUTRITION INFORMATION

## ORIGINAL GLAZED®

Serving Size: 50g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	815kJ	1630kJ
	195Cal	390Cal
<b>Protein</b>	1.95g	3.9g
<b>Fat</b>	10.7g	21.4g
- Total	3.95g	7.9g
- Saturated	22.45g	44.9g
<b>Carbohydrates</b>	11.9g	23.8g
- Sugars	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, Thickener (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.**

## STRAWBERRY JAM

Serving Size: 72g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1070kJ	1470 kJ
	256Cal	351Cal
<b>Protein</b>	2.9g	4.0g
<b>Fat</b>	15.8g	21.8g
- Total	5.9g	8.1g
- Saturated	25.0g	34.6g
<b>Carbohydrates</b>	8.9g	12.2g
- Sugars	113mg	155mg

**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, Thickener (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
<b>Energy</b>	801kJ	1740kJ
	181Cal	416Cal
<b>Protein</b>	2.2g	4.8g
<b>Fat</b>	12.3g	26.7g
- Total	4.6g	9.9g
- Saturated	17.8g	38.7g
<b>Carbohydrates</b>	6.0g	13.1g
- Sugars	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, Thickener (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
<b>Energy</b>	1286kJ	1920kJ
	307Cal	459Cal
<b>Protein</b>	2.5g	3.7g
<b>Fat</b>	17.2g	25.7g
- Total	7.7g	11.5g
- Saturated	36.2g	54.0g
<b>Carbohydrates</b>	23.5g	35.1g
- Sugars	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, Thickener (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 and Sulphites.**

## STRAWBERRY SPRINKLES

Serving Size: 63g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1090kJ	1720kJ
	259Cal	412Cal
<b>Protein</b>	2.7g	4.2g
<b>Fat</b>	14.7g	23.4g
- Total	7.6g	12.0g
- Saturated	29.4g	46.7g
<b>Carbohydrates</b>	17.4g	27.7g
- Sugars	85mg	135mg

**Ingredients:** Doughnut (60%) (**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, Thickener (466)), Glaze (23%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours), Strawberry Flavoured Truffle (16%) (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b)), Sugar, **Milk** Solids, **Cream** Powder, Natural Flavour, Emulsifier (322-**Soy**), Natural Colour (120)), Water, Shortening (Contains **Soy**)), Sprinkles Topping (1%) (Sugar, Vegetable Fat (Emulsifiers (492, 322-**Soy**)), Glucose, Water, Colours (122, 123, 124, 102, 133, 110), Vegetable Gum (414)). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## VANILLA SLICE

Serving Size: 93g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1360kJ	1460kJ
	325Cal	349Cal
<b>Protein</b>	3.1g	3.3g
<b>Fat</b>	16.7g	17.9g
- Total	6.7g	7.2g
- Saturated	40.2g	43.3g
<b>Carbohydrates</b>	21.7g	23.3g
- Sugars	133mg	143mg

**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, Thickener (466)), White Icing (21%) (Sugar, Glucose Syrup, Gelling Agent (406), Flavours, Preservative (202), Food Acid (330), Colour (171), Thickener (415)), Vanilla Flavoured Custard Filling (19%) (Glucose Syrup, Sugar, Thickener (1442), Vegetable Oil, Emulsifiers (471-**Soy**, 435), Flavours, Colours (171, 102, 110, 150a), Preservative (202)), Choc Ganache (2%) (Cocoa Powder (14%), Emulsifier (322-**Soy**), **Milk** Solids). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sulphites and Lupin.**

## GLAZED LEMON

Serving Size: 72g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1080kJ	1490kJ
<b>Protein</b>	2.1g	2.9g
<b>Fat</b>	11.1g	15.4g
- Total	4.4g	6.1g
- Saturated	36.8g	51.1g
<b>Carbohydrates</b>	24.5g	34.1g
- Sugars	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, Thickener (466)), Glaze (27%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours), Lemon cream (25%) (Sugar, Water, Vegetable Fat (Emulsifiers (471-**Soy**, 435), Flavours, Colours (171, 102, 110, 150a), Preservative (202)), Choc Ganache (2%) (Cocoa Powder (14%), Emulsifier (322-**Soy**), **Milk** Solids). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sulphites and Lupin.**

## PUDDING

Serving Size: 93g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1460kJ	1570kJ
<b>Protein</b>	3.8g	4.1g
<b>Fat</b>	20.7g	22.3g
- Total	10.3g	11.1g
- Saturated	36.6g	39.4g
<b>Carbohydrates</b>	18.1g	19.5g
- Sugars	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, Thickener (466)), Custard Filling (19%) (Water, Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickener (1442), Vegetable Oil, Emulsifiers (471, 435), Salt, Flavour, Colours (171, 102, 110), Preservative (202)), Chocolate Compound Icing (12%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk** Solids (9%), Emulsifiers (322-**Soy**, 476), Flavour), White Truffle Topping (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, **Wheat** Flour, Cocoa Butter, Vegetable Fat (Emulsifier (**Soy** Lecithin)), 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
<b>Energy</b>	1430kJ	1890kJ
	342Cal	451Cal
<b>Protein</b>	4.2g	5.6g
<b>Fat</b>	22.7g	29.8g
- Total	10.1g	13.3g
- Saturated	30.2g	39.8g
<b>Carbohydrates</b>	13.6g	17.9g
- Sugars	125mg	164mg

**Ingredients:** Doughnut (70%) (**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, Thickener (466)), Raspberry Flavoured Jam (19%) (Sugar, Apple, Glucose, Thickener (440), Acidity Regulators (330, 331), Preservative (202), Colour (129), Flavour), White Truffle Icing (15%) (Sugar, Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492), **Milk** Solids (28%), Antioxidant (307, 307b-**Soy**)), **Cream** Powder, Flavours), Sour Strap (Contains **Wheat** Flour (**Gluten**), Food Acids (270,330,325,331), Emulsifiers (471), Humectant: 422, Colour 129), Chocolate Flavoured Ganache (Contains **Soy**, Cocoa Powder (14%), **Milk** Solids), Orange Pearl (Contains **Wheat**). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY BE PRESENT: Peanuts, Tree Nuts, Sesame, Sulphites and Lupin.**

## CHOC ICED CUSTARD

Serving Size: 84g Avg

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

**Ingredients:** Doughnut (64%) (**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, Thickener (466)), Custard Filling (21%) (Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickener (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
<b>Energy</b>	1320kJ	1860kJ
	295Cal	445Cal
<b>Protein</b>	2.7g	3.8g
<b>Fat</b>	13.4g	18.9g
- Total	6.8g	9.6g
- Saturated	45.7g	64.3g
<b>Carbohydrates</b>	22.8g	32.1g
- Sugars	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, Thickener (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
<b>Energy</b>	1055kJ	1730kJ
	253Cal	402Cal
<b>Protein</b>	2.4g	3.9g
<b>Fat</b>	14.2g	23.2g
- Total	7.1g	11.7g
- Saturated	28.9g	47.3g
<b>Carbohydrates</b>	17.8g	29.2g
- Sugars	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, Thickener (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
<b>Energy</b>	1570kJ	1760kJ
	376Cal	423Cal
<b>Protein</b>	5.0g	5.7g
<b>Fat</b>	22.6g	25.4g
- Total	12.5g	14.0g
- Saturated	38.5g	43.3g
<b>Carbohydrates</b>	18.4g	20.6g
- Sugars	173mg	194mg

**Ingredients:** Doughnut (62%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, **Wheat Gluten**, **Egg** Powder, Salt, Non Fat **Milk** Solids, Firming 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, Thickener (1422), 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
<b>Energy</b>	1320kJ	1530kJ
	315Cal	366Cal
<b>Protein</b>	3.0g	3.4g
<b>Fat</b>	16.9g	19.6g
- Total	7.7g	9.0g
- Saturated	38.0g	44.2g
<b>Carbohydrates</b>	23.2g	26.9g
- Sugars	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, Thickener (466)), Glaze (21%) (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-**Soy**), Flavour), Chocolate Ganache (contains: Cocoa Powder (14%), Emulsifier (322-**Soy**, **Milk** Solids). **CONTAINS: Gluten Containing C**