



NUTRITION INFORMATION

ORIGINAL GLAZED

Serving Size: 52g Avg		
Average Quantities	Per Serving	Per 100g
Energy	810kJ	1560kJ
	193Cal	372Cal
Protein	2.2g	4.2g
Fat	10.1g	19.4g
- Total	5.0g	9.7g
- Saturated	23.8g	45.8g
Carbohydrates	11.8g	22.7g
- Sugars	79mg	153mg

Ingredients: Doughnut (72%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (21%) (Sugar, Water, **Wheat** Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt). **CONTAINS: Wheat, Egg, Milk** and **Soy**. **MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CHOC ICED CUSTARD

Serving Size: 84g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1280kJ	1530kJ
	307Cal	365Cal
Protein	3.5g	4.2g
Fat	18.4g	22.0g
- Total	11.1g	13.2g
- Saturated	32.0g	38.1g
Carbohydrates	13.1g	15.6g
- Sugars	127mg	151mg

Ingredients: Doughnut (64%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Custard Filling (21%) (Water, Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickener (1442), Vegetable Oil, Emulsifiers (471, 435), Salt, 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: Wheat, Egg, Milk** and **Soy**. **MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CHOC ICED SPRINKLES

Serving Size: 73g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1230kJ	1690kJ
	295Cal	404Cal
Protein	2.7g	3.7g
Fat	14.1g	19.3g
- Total	8.9g	12.2g
- Saturated	39.3g	53.8g
Carbohydrates	26.8g	36.8g
- Sugars	80mg	109mg

Ingredients: Doughnut (52%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavour), 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, Water, Colours (122, 123, 124, 102, 133, 110), Vegetable Gum (414)). **CONTAINS: Wheat, Egg, Milk** and **Soy**. **MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CHOC ICED

Serving Size: 63g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1060kJ	1680kJ
	253Cal	402Cal
Protein	2.6g	4.1g
Fat	13.5g	21.5g
- Total	8.3g	13.2g
- Saturated	30.3g	48.1g
Carbohydrates	17.9g	28.5g
- Sugars	80mg	126mg

Ingredients: Doughnut (62%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (21%) (Sugar, Water, **Wheat** Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt), 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, Sulphites and Sesame.**

APPLE CUSTARD CRUMBLE

Serving Size: 97g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1410kJ	1450kJ
	336Cal	346Cal
Protein	3.6g	3.8g
Fat	16.5g	17.0g
- Total	7.6g	7.8g
- Saturated	43.5g	44.8g
Carbohydrates	20.0g	20.6g
- Sugars	139mg	144mg

Ingredients: Doughnut (55%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Apple Custard Filling (18%) (Custard (14%) (Water, Sugar, **Wheat** Glucose Syrup, Thickener (1442), Vegetable Shortening (contains **Soy**), Emulsifiers (471, 435, 435), Salt, Flavour (Colours (150a, 171, 102, 110), Preservative (202)), Water, Icing Sugar (Sugar (95%), **Wheat** Starch (5%)), Apple Spice (4%) (**Wheat** Glucose Syrup, Sucrose Syrup, Reconstituted Apples (Minimum (19%) (Preservative (223))), Thickener (1442), Acidity Regulators (330, 331), Spices, Salt, Preservatives (211, 200), Flavour), White Icing (14%) (Sugar, Vegetable Fats and Oils, Sucrose Syrup, **Wheat** Glucose Syrup, **Wheat** Starch, Emulsifiers (471, 435, 322-**Soy**), Water), Cinnamon Biscuit Crumb (13%) (**Wheat** Flour, Sugar, Vegetable Fats and Oils, **Wheat** Glucose Syrup, Malt Extract (**Barley**, Rice), Cinnamon (0.1%), Salt, Raising Agent (500), Flavour). **CONTAINS: Gluten (Wheat, Barley), Egg, Milk** and **Soy**. **MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CARAMEL DELIGHT

Serving Size: 89g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1580kJ	1770kJ
	376Cal	423Cal
Protein	4.3g	4.9g
Fat	23.5g	26.4g
- Total	13.1g	14.7g
- Saturated	37.7g	42.3g
Carbohydrates	18.0g	20.2g
- Sugars	171mg	192mg

Ingredients: Doughnut (61%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Caramel Filling (20%) (Sugar, Water, Glucose Syrup, Vegetable Fat, **Milk** Solids, Thickener (1442), Humectant (422), Emulsifiers (471, 322-**Soy**)), Flavours, Salt, Vegetable Gum, Caramelised Sugar Syrup, Preservative (202)), Caramel Truffle (15%) (Vegetable Fats and Oils (Contains **Soy**), Sugar, **Milk** Solids, **Cream** Powder, Colours (102, 110, 129, 133), Flavour), Caramel Curds (2%) (Cocoa Butter (26.6%), Whole **Milk** Powder, Lactose (**Milk**) (4.4%), Cocoa Mass, Emulsifier (322-**Soy**), Butter Oil (**Milk**), Colour (960c), Choc Biscuit Crumb (2%) (Contains **Wheat** Flour, Cocoa Powder (6%), Raising Agents (500, 503), Emulsifier (322-**Soy**)). **CONTAINS: Wheat, Egg, Milk** and **Soy**. **MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

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	7.7g	9.0g
- Saturated	38.0g	44.2g
Carbohydrates	23.2g	26.9g
- Sugars	106mg	124mg

Ingredients: Doughnut (44%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Coffee Flavoured Filling (21%) (Water, Sugar Syrup (Sucrose, Glucose (406)), Glaze (1442), Vegetable Oil, Emulsifiers (471, 435), Salt, Flavour, Colours (171, 102, 110, 150c), Preservative (202)), Glaze (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491)), Flavours, Salt), Coffee Flavoured Truffle Icing (10%) (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, Sulphites and Sesame.**

STRAWBERRY SMIGGLES

Serving Size: 85g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1270kJ	1490kJ
Protein	2.8g	3.3g
Fat	15.1g	17.8g
- Total	6.6g	7.8g
- Saturated	38.5g	45.3g
Carbohydrates	25.7g	30.3g
- Sugars	99mg	116mg

Ingredients: Doughnut (61%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**)), Water, **Wheat** Glucose Syrup, 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 (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491)), Flavours, Salt), Chocolate Flavoured Swirl (Corn Syrup, Vegetable Oil, Water, Cocoa (3.5%), **Milk** Solids, Colour (150c), Emulsifiers (435, 475), Stabilisers (464, 415), Sugar, Salt, Flavour, Malted Powder (Extract Of Malt **Barley** And Rice (3.6%), **Milk** Solids, Sugar, Cocoa, Vitamins and Minerals, Maltodextrin (Corn), Emulsifier (**Soy** Lecithin)), Chocolate Ganache Icing and Dribble (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk** Solids (10%), Cocoa Powder (2.5%), Maize Starch, Flavour, Salt), Malters (9%) (Sugar, **Milk** Solids, Cocoa Butter (406), Emulsifier (471, 491-**Soy**)), Flavour (**Wheat**), Malt Extract, Vegetable Fat, Emulsifiers (492-**Soy** Lecithin), **Wheat Gluten**, Raising Agent (501, 500), Salt, Flavour, Pectin). **CONTAINS: Gluten Cereals (Wheat, Barley), Egg, Milk** and **Soy**. **MAY CONTAIN: Peanuts, Tree Nuts, Sesame, Sulphites and Lupin.**

MALTESERS® DOUGHNUT

Serving Size: 85g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1550kJ	1820kJ
Protein	21.5g	4.3g
Fat	11.5g	25.2g
- Total	21.0g	12.9g
- Saturated	40.5g	47.7g
Carbohydrates	27.9g	32.8g
- Sugars	113mg	133mg

Ingredients: Doughnut (60%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**)), Water, **Wheat** Glucose Syrup, 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 (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491)), Flavours, Salt), Chocolate Flavoured Swirl (Corn Syrup, Vegetable Oil, Water, Cocoa (3.5%), **Milk** Solids, Colour (150c), Emulsifiers (435, 475), Stabilisers (464, 415), Sugar, Salt, Flavour, Malted Powder (Extract Of Malt **Barley** And Rice (3.6%), **Milk** Solids, Sugar, Cocoa, Vitamins and Minerals, Maltodextrin (Corn), Emulsifier (**Soy** Lecithin)), Chocolate Ganache Icing and Dribble (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk** Solids (10%), Cocoa Powder (2.5%), Maize Starch, Flavour, Salt), Malters (9%) (Sugar, **Milk** Solids, Cocoa Butter (406), Emulsifier (471, 491-**Soy**)), Flavour (**Wheat**), Malt Extract, Vegetable Fat, Emulsifiers (492-**Soy** Lecithin), **Wheat Gluten**, Raising Agent (501, 500), Salt, Flavour, Pectin). **CONTAINS: Gluten Cereals (Wheat, Barley), 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	1190kJ	1860kJ
	285Cal	445Cal
Protein	3.9g	6.1g
Fat	18.2g	28.4g
- Total	7.5g	11.8g
- Saturated	26.6g	41.5g
Carbohydrates	14.4g	22.5g
- Sugars	105mg	164mg

Ingredients: Doughnut (62.5%) (**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), Nutella (31.5%) (Sugar, Vegetable Oil, **Hazelnuts** (13%), Cocoa, **Milk** Solids, Emulsifier (322-**Soy**), Flavour, Caramelised Hazelnuts (6%) (**Hazelnuts** (73%), Sugar, Tapioca Dextrin) **CONTAINS: Wheat, Egg, Milk, Hazelnuts** and **Soy**. **MAY CONTAIN: Peanuts, other Tree Nuts** and **Sesame.**

STRAWBERRY JAM

Serving Size: 72g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1000kJ	1390 kJ
	239Cal	332Cal
Protein	3.1g	4.3g
Fat	14.0g	19.4g
- Total	7.0g	9.8g
- Saturated	25.7g	35.7g
Carbohydrates	8.7g	12.0g
- Sugars	117mg	163mg

Ingredients: Doughnut (75%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Strawberry Filling (24%) (Sucrose Syrup, Water, Strawberries (23%), Thickeners (1442, 410, 415), Acidity Regulator (330)), Preservatives (200, 211), Salt, Flavour, Colour (129)), Icing Sugar (1%). **CONTAINS: Wheat, Egg, Milk** and **Soy**. **MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

TRADITIONAL CINNAMON

Serving Size: 46g Avg		
Average Quantities	Per Serving	Per 100g
Energy	756kJ	1640kJ
	181Cal	393Cal
Protein	2.4g	5.1g
Fat	11.0g	23.8g
- Total	5.5g	12.0g
- Saturated	18.6g	40.4g
Carbohydrates	6.0g	13.0g
- Sugars	86mg	187mg

Ingredients: Doughnut (91%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Cinnamon sugar (9%) (Sugar, Cinnamon (1.5%)). **CONTAINS: Wheat, Egg, Milk** and **Soy**. **MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

STRAWBERRY ICED

Serving Size: 69g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1080kJ	1560kJ
	257Cal	372Cal
Protein	2.2g	3.1g
Fat	11.3g	16.4g
- Total	5.4g	7.9g
- Saturated	36.7g	53.2g
Carbohydrates	23.8g	34.5g
- Sugars	80mg	115mg

Ingredients: Doughnut (54%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours), Strawberry Flavoured Icing (25%) (Sugar, Water, Vegetable Fats and Oils, **Wheat** Glucose Syrup, **Wheat** Starch, Emulsifiers (471, 435, 322-**Soy**), Flavour, Colours (124, 122)), **CONTAINS: Wheat, Egg, Milk** and **Soy**. **MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CARAMEL ICED

Serving Size: 65g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1150kJ	1760kJ
	274Cal	421Cal
Protein	2.8g	4.4g
Fat	16.0g	24.7g
- Total	8.2g	12.6g
- Saturated	29.9g	46.0g
Carbohydrates	17.9g	27.5g
- Sugars	87mg	134mg