



# 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> - Total	10.7g	21.4g
- Saturated	3.95g	7.9g
<b>Carbohydrates</b>	22.45g	44.9g
- Sugars	11.9g	23.8g
<b>Sodium</b>	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> - Total	15.8g	21.8g
- Saturated	5.9g	8.1g
<b>Carbohydrates</b>	25.0g	34.6g
- Sugars	8.9g	12.1g
<b>Sodium</b>	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> - Total	12.3g	26.7g
- Saturated	4.6g	9.9g
<b>Carbohydrates</b>	17.8g	38.7g
- Sugars	6.0g	13.1g
<b>Sodium</b>	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> - Total	17.2g	25.7g
- Saturated	7.7g	11.5g
<b>Carbohydrates</b>	36.2g	54.0g
- Sugars	23.5g	35.1g
<b>Sodium</b>	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.**

## CARAMEL ICED

Serving Size: 63g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1152.9kJ	1830kJ
	274Cal	437Cal
<b>Protein</b>	2.6g	4.1g
<b>Fat</b> - Total	16.7g	26.5g
- Saturated	7.1g	11.2g
<b>Carbohydrates</b>	28.5g	45.3g
- Sugars	17.8g	28.3g
<b>Sodium</b>	85.7mg	136mg

### Ingredients:

Doughnut (59%) (**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), Caramel Truffle Icing (17%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk** Solids, **Cream** Powder, Colours (102, 110, 129, 133), Flavour), White Truffle Drizzle (3%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk** Solids, **Cream** Powder, Flavour). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

## KOOKIES N' KREME

Serving Size: 106g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1810kJ	1710kJ
	393Cal	405Cal
<b>Protein</b>	3.9g	3.7g
<b>Fat</b> - Total	22.1g	20.8g
- Saturated	8.9g	8.4g
<b>Carbohydrates</b>	53.7g	50.7g
- Sugars	30.2g	28.5g
<b>Sodium</b>	233mg	219mg

### Ingredients:

Doughnut (50%) (**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)), Crème (17%) (Sugar, **Wheat** Starch, Sugar syrup (**wheat**), Vegetable Fats and Oils, Emulsifier (435,471,322-**Soy**), Antioxidant (307b-**Soy**), Flavour, Salt), Choc Biscuit Crumb (15%) (**Wheat** Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), Fructose Syrup, Raising Agents (500), Salt, Emulsifier (322-**Soy**), Corn Starch, Flavour), **CONTAINS: Gluten Cereals (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> - Total	16.7g	17.9g
- Saturated	6.7g	7.2g
<b>Carbohydrates</b>	40.2g	43.3g
- Sugars	21.7g	23.3g
<b>Sodium</b>	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), Flavour, 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.**

## DIPPED *in* NUTELLA

Serving Size: 64g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1230kJ	1930kJ
	294Cal	461Cal
<b>Protein</b>	3.8g	5.9g
<b>Fat</b> - Total	19.4g	30.4g
- Saturated	6.6g	10.3g
<b>Carbohydrates</b>	25.8g	40.3g
- Sugars	14.4g	22.6g
<b>Sodium</b>	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, Thickener (466)), Nutella (32%) (Sugar, Vegetable Oil, **Hazelnuts** (13%), Cocoa, **Milk** Solids, Emulsifier (322-**Soy**), Flavour), Caramelised **Hazelnuts** (6%) (**Wheat** Flour, Sugar, Tapioca Dextrin). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk, Hazelnuts and Soy. MAY CONTAIN: Peanuts, Other Tree Nuts, 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> - Total	20.1g	23.8g
- Saturated	9.9g	11.7g
<b>Carbohydrates</b>	31.1g	36.8g
- Sugars	13.6g	16.1g
<b>Sodium</b>	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> - Total	13.4g	18.9g
- Saturated	6.8g	9.6g
<b>Carbohydrates</b>	45.7g	64.3g
- Sugars	22.8g	32.1g
<b>Sodium</b>	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> - Total	14.2g	23.2g
- Saturated	7.1g	11.7g
<b>Carbohydrates</b>	28.9g	47.3g
- Sugars	17.8g	29.2g
<b>Sodium</b>	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.**

## APPLE CUSTARD CRUMBLE

Serving Size: 97g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1460kJ	1500kJ
	336Cal	346Cal
<b>Protein</b>	3.5g	3.6g
<b>Fat</b> - Total	18.0g	18.6g
- Saturated	6.7g	6.9g
<b>Carbohydrates</b>	42.7g	44.0g
- Sugars	21.1g	21.7g
<b>Sodium</b>	135mg	139mg

### Ingredients:

Doughnut (55%) (**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)), Apple Custard Filling (18%) (Custard (14%) (Sugar, **Wheat** Glucose Syrup, Thickener (1442), Vegetable Shortening (contains **Soy**), Emulsifiers (471-**Soy**, 435), Flavour (Colours (150a, 171, 102, 110), Preservative (202)), Icing Sugar (Sugar, **Wheat** Starch), Apple Spice (4%) (Apple (37%), Sugar, Thickener (1442), Acidity Regulator (330), Spice, Preservative (202), Antioxidant (300), Natural Flavour, Mineral Salt (509)), White Icing (14%) (Sugar, Vegetable Fats and Oils, Sucrose Syrup, **Wheat** Glucose Syrup, **Wheat** Starch, Emulsifiers (435,471,322-**Soy**), Water), Cinnamon Biscuit Crumb (13%) (**Wheat** Flour, Sugar, Vegetable Fats and Oils, **Wheat** Glucose Syrup, Malt Extract (**Barley**, Rice), Cinnamon (0.1%), **Wheat** Starch, Raising Agent (500), Flavour). **CONTAINS: Gluten Cereals (Wheat, Barley), 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> - Total	22.6g	25.4g
- Saturated	12.5g	14.0g
<b>Carbohydrates</b>	38.5g	43.3g
- Sugars	18.4g	20.6g
<b>Sodium</b>	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 (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
<b>Energy</b>	1320kJ	1530kJ
	315Cal	366Cal
<b>Protein</b>	3.0g	3.4g
<b>Fat</b> - Total	16.9g	19.6g
- Saturated	7.7g	9.0g
<b>Carbohydrates</b>	38.0g	44.2g
- Sugars	23.2g	26.9g
<b>Sodium</b>	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, **M**