



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	3.95g	7.9g
- Saturated	22.45g	44.9g
Carbohydrates	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.**

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	9.9g	11.7g
- Saturated	31.1g	36.8g
Carbohydrates	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), Flavor, Colours (171, 102, 110), Preservative (202)), Dark Compounded Chocolate (15%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk** Solids (9%), Emulsifiers (322-**Soy**, 476, 492), Flavor). **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	6.8g	9.6g
- Saturated	45.7g	64.3g
Carbohydrates	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
Energy	1055kJ	1730kJ
	253Cal	402Cal
Protein	2.4g	3.9g
Fat	14.2g	23.2g
- Total	7.1g	11.7g
- Saturated	28.9g	47.3g
Carbohydrates	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.**

APPLE CUSTARD CRUMBLE

Serving Size: 97g Avg

Average Quantities	Per Serving	Per 100g
Energy	1460kJ	1500kJ
	336Cal	346Cal
Protein	3.5g	3.6g
Fat	18.0g	18.6g
- Total	6.7g	6.9g
- Saturated	42.7g	44.0g
Carbohydrates	21.1g	21.7g
- Sugars	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.**

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, 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 (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours), Strawberry 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**), Colour (150c), Water, Preservative (202)), Chocolate Flakes (**Milk** Solids (17%), Cocoa (7%), Emulsifiers (471-**Soy**, 492)), Chocolate Ganache (contains: Cocoa Powder (14%), **Soya** Lecithin-322, 492)), Chocolates (**Wheat** Flour, Sugar, Vegetable Fats and Oils, Emulsifier 322-**Soy**, Milk Solids). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites**

HOMER SIMPSON D'OHNTUT

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	7.6g	12.0g
- Saturated	29.4g	46.7g
Carbohydrates	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.**

SNICKERS® INSPIRED FILLED DOUGHNUT

Serving Size: 91g Avg

Average Quantities	Per Serving	Per 100g
Energy	1660kJ	1820kJ
Protein	5.5g	6.1g
Fat	25.4g	27.9g
- Total	10.9g	12.0g
- Saturated	36.1g	39.7g
Carbohydrates	18.4g	20.2g
- Sugars	150mg	165mg

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), Peanut Nougat Creme (10%) (Vanilla Flavoured Creme (Corn Syrup, Fructose Corn Syrup, Water, Vegetable Oil, **Milk** Solids, Flavour, Emulsifiers (435, 471-**Soy**, 575), Stabilisers (464, 415) Sugar, Salt, Preservative (202), Colour (160a)), Vegetable Oil (Hydrogenated Vegetable Oil), **Peanut** Butter, Malted Powder (Extract Of Malt **Barley** And Rice Lecithin)), **Milk** Solids, Sugar, Cocoa, Minerals, Maltoedextrin (Corn), Emulsifier (307-307b)), Peanut **Milk** Chocolate Flavoured Ganache Topping (20%) (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk** Solids (10%), Cocoa Powder (2.5%), Flavour, Salt), **Peanuts** Chips (18%), **Hazelnut** Crunch). Caramel (10%) (Sugar, **Milk**, Water, Vegetable Oil, Starch, Emulsifiers (322-**Soy** Lecithin), Flavour, Acidity Regulator (331), Salt, Preservative (322), Pectin (440), Food Acid (334)). **CONTAINS: Gluten Cereals (Wheat, Barley), Egg, Milk, Soy, Peanuts and Hazelnuts. MAY CONTAIN: Other Tree Nuts, Sesame, Sulphites and Lupin.**

NUTELLA RING

Serving Size: 64g Avg

Average Quantities	Per Serving	Per 100g
Energy	1230kJ	1930kJ
	294Cal	461Cal
Protein	3.9g	5.9g
Fat	19.4g	30.4g
- Total	6.6g	10.3g
- Saturated	25.8g	40.3g
Carbohydrates	14.4g	22.6g
- Sugars	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%) (**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	1470 kJ
	256Cal	351Cal
Protein	2.9g	4.0g
Fat	15.8g	21.8g
- Total	5.9g	8.1g
- Saturated	25.0g	34.4g
Carbohydrates	8.9g	12.2g
- Sugars	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, Thickener (466)), Strawberry Filling (24%) (Sucrose Syrup, Strawberry Berries (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	4.6g	9.9g
- Saturated	17.8g	38.7g
Carbohydrates	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
Energy	1286kJ	1920kJ
	307Cal	459Cal
Protein	2.5g	3.7g
Fat	17.2g	25.7g
- Total	7.7g	11.5g
- Saturated	36.2g	54.0g
Carbohydrates	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, Sulphites.**

KOOKIES N' KREME

Serving Size: 106g Avg

Average Quantities	Per Serving	Per 100g
Energy	1810kJ	1710kJ
	393Cal	405Cal
Protein	3.9g	3.7g
Fat	22.1g	20.8g
- Total	8.9g	8.4g
- Saturated	53.7g	50.7g
Carbohydrates	30.2g	28.5g
- Sugars	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
Energy	1360kJ	1460kJ
	325Cal	349Cal
Protein	3.1g	3.3g
Fat	16.7g	17.9g
- Total	6.7g	7.2g
- Saturated	40.2g	43.3g
Carbohydrates	21.7g	23.3g
- Sugars	133mg	143mg