



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 (17%) (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
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, 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.**

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	12.5g	14.0g
- Saturated	38.5g	43.3g
Carbohydrates	18.4g	20.6g
- Sugars	173mg	194mg

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, 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
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 (27%) (Sugar, **Wheat Starch**, Stabiliser (Mineral Salt (170), Thickeners (406)), Emulsifiers (471-**Soy**, 491)), Flavours. Coffee flavoured Truffle Icing (10%) (Vegetable Fats And Oils (Contains **Soy**), Sugar, **Milk Solids**, Cream Powder, Flavours, Shortening (Contains **Soy**), Colour (150c), Water, Preservative (202)), Chocolate Flakes (17%) (Sugar, **Wheat Starch**, Sugar Syrup (**Wheat**), Emulsifier (322-**Soy**), 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**

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	10.1g	11.6g
- Saturated	34.1g	39.2g
Carbohydrates	14.4g	16.6g
- Sugars	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**, Thickener (466)), Choc Custard Filling (20%) (Water, Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickener (171,102,110), Preservative (202), Cocoa Powder) Topping (17%) (Chocolate Ganache (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307,307b-**Soy**)), Sugar, **Milk Solids** (10%), **Cream Powder**, Cocoa Powder (2.5%), Flavour, Salt) Choc Fudge Pieces (Sugar, Coconut Oil, Glucose (**Wheat**), Cocoa Powder (5%), Condensed **Milk Butter**, Water) Choc Biscuit crumb (500,503), Sugar, Vegetable Oil, 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	4.4g	6.1g
- Saturated	36.8g	51.1g
Carbohydrates	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, 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 (95%), **Wheat Starch** (5%), Sugar Syrup (**wheat**), Vegetable Fat and Oil, Emulsifiers (471,435,322-**Soy**), Antioxidant (307b-**Soy**), Food 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.**

with OREO® COOKIES - CHOCOLATE

Serving Size: 105g Avg

Average Quantities	Per Serving	Per 100g
Energy	1790kJ	1700kJ
Protein	4.2g	4.0g
Fat	22.1g	21.1g
- Total	10.7g	10.2g
- Saturated	52.9g	50.3g
Carbohydrates	29.1g	27.7g
- Sugars	224mg	213mg

Ingredients: Doughnut (51%) (**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)), Chocolate Crème Filling (17%) (Sugar, **Wheat Starch**, Sugar syrup (**wheat**), Vegetable Fats and Oils, Emulsifier (435,471-322-**Soy**), Antioxidant (307b-**Soy**), Cocoa Powder, Flavour, Water), Chocolate Biscuit Crumb (14%) (**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, Sulphites and Lupin.**

with OREO® COOKIES - STRAWBERRY

Serving Size: 105g Avg

Average Quantities	Per Serving	Per 100g
Energy	1770kJ	1680kJ
Protein	3.9g	3.7g
Fat	20.8g	19.8g
- Total	8.4g	8.4g
- Saturated	54.2g	51.6g
Carbohydrates	31.2g	29.7g
- Sugars	223mg	212mg

Ingredients: Doughnut (51%) (**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 crème filling (17%) (Sugar, Strawberry puree (50%), flavour, Acidity Regular (330), thickener (440), preservative (202), color (129), **Wheat Starch**, Sugar syrup (**wheat**), Vegetable Fats and Oils, Emulsifier (435,471-322-**Soy**), Antioxidant (307b-**Soy**), Flavour, Salt), Chocolate Biscuit Crumb (14%) (**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, 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	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	1470kJ
	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, 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	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.**

STRAWBERRY SPRINKLES

Serving Size: 63g Avg

Average Quantities	Per Serving	Per 100g
Energy	1090kJ	1720kJ
	259Cal	412Cal
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