



# NUTRITION INFORMATION

## ORIGINAL GLAZED

Serving Size: 52g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	810kJ 193Cal	1560kJ 372Cal
<b>Protein</b>	2.2g	4.2g
<b>Fat</b>	10.1g	19.4g
- Total	10.1g	19.4g
- Saturated	5.0g	9.7g
<b>Carbohydrates</b>	23.8g	45.8g
- Sugars	11.8g	22.7g
<b>Sodium</b>	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 (ii))), 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
<b>Energy</b>	1280kJ 307Cal	1530kJ 365Cal
<b>Protein</b>	3.5g	4.2g
<b>Fat</b>	18.4g	22.0g
- Total	11.1g	13.2g
- Saturated	11.1g	13.2g
<b>Carbohydrates</b>	32.0g	38.1g
- Sugars	13.1g	15.6g
<b>Sodium</b>	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 (ii))), 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 Compound 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
<b>Energy</b>	1230kJ 295Cal	1690kJ 404Cal
<b>Protein</b>	2.7g	3.7g
<b>Fat</b>	14.1g	19.3g
- Total	8.9g	12.2g
- Saturated	8.9g	12.2g
<b>Carbohydrates</b>	39.3g	53.8g
- Sugars	26.8g	36.8g
<b>Sodium</b>	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 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours), Dark Compound 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
<b>Energy</b>	1060kJ 253Cal	1680kJ 402Cal
<b>Protein</b>	2.6g	4.1g
<b>Fat</b>	13.5g	21.5g
- Total	8.3g	13.2g
- Saturated	8.3g	13.2g
<b>Carbohydrates</b>	30.3g	48.1g
- Sugars	17.9g	28.5g
<b>Sodium</b>	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 (ii))), 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), 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.**

## APPLE CUSTARD CRUMBLE

Serving Size: 97g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1410kJ 336Cal	1450kJ 346Cal
<b>Protein</b>	3.6g	3.8g
<b>Fat</b>	16.5g	17.0g
- Total	7.6g	7.8g
- Saturated	7.6g	7.8g
<b>Carbohydrates</b>	43.5g	44.8g
- Sugars	20.0g	20.6g
<b>Sodium</b>	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 (ii))), 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), 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
<b>Energy</b>	1580kJ 376Cal	1770kJ 423Cal
<b>Protein</b>	4.3g	4.9g
<b>Fat</b>	23.5g	26.4g
- Total	13.1g	14.7g
- Saturated	13.1g	14.7g
<b>Carbohydrates</b>	37.7g	42.3g
- Sugars	18.0g	20.2g
<b>Sodium</b>	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 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Caramel Filling (20%) (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 (15%) (Vegetable Fats and Oils (Contains **Soy**), Sugar, **Milk** Solids, **Cream** Powder, Colours (102, 110, 129, 133), Flavour), Caramel Glaze (4%) (Cocoa Butter (26.6%), Whole **Milk** Powder, Lactose (**Milk**) (4.4%), Cocoa Mass, Emulsifier (322-**Soy**), Butter Oil (Milk), Colour 160c), 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, Lupin, Sulphites and Sesame.**

## TIRAMISU

Serving Size: 86g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1370kJ 327Cal	1590kJ 380Cal
<b>Protein</b>	3.5g	4.1g
<b>Fat</b>	18.6g	21.7g
- Total	10.1g	11.7g
- Saturated	10.1g	11.7g
<b>Carbohydrates</b>	36.6g	42.6g
- Sugars	23.7g	27.5g
<b>Sodium</b>	102mg	119mg

**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 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Tiramisu Flavoured Filling (21%) (Water, Sugar, Cream, **Milk** Solids, Mineral Salt (340, 341, 450), Emulsifiers (322-**Soy**, 433, 471), Vegetable Gum (466, 407), Flavours, Acidity Regulator (330), Colour (160a)), Whipping Agent (Glucose, Vegetable Oil, Emulsifier (472a), **Milk** Solids, Thickeners (1422, 1442), Coffee, Glaze (16%) (Sugar, Water, **Wheat** Starch, Stabiliser (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 HOTCROSS BUN

Serving Size: 84g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1550kJ 370Cal	1840kJ 440Cal
<b>Protein</b>	4.3g	5.1g
<b>Fat</b>	24.9g	29.6g
- Total	12.3g	14.6g
- Saturated	12.3g	14.6g
<b>Carbohydrates</b>	33.0g	39.3g
- Sugars	15.7g	18.7g
<b>Sodium</b>	129mg	153mg

**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 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Choc Truffle Icing (18%) (Vegetable Oils (Contains **Soy**), Sugar, **Milk** Solids, **Cream** Powder, Cocoa Powder, Maize Starch, Salt, **Wheat** Flour, Fructose Syrup, Corn Starch, Raising Agents (500, 503), Emulsifiers (322-**Soy**), Flavour), Chocolate Crème Center (14%) (High Fructose Corn Syrup, Vegetable Oil, Water, Cocoa (3.5%), **Milk** Solids, Colour (150c), Emulsifiers (435, 475), Stabilisers (464, 415), Sugar, Salt, Flavour), White Truffle Cross (4%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk** Solids, **Cream** Powder, Natural Flavours). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sesame, Sulphites and Lupin.**

## TRADITIONAL CINNAMON

Serving Size: 46g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	756kJ 181Cal	1640kJ 393Cal
<b>Protein</b>	2.4g	5.1g
<b>Fat</b>	11.0g	23.8g
- Total	5.5g	12.0g
- Saturated	5.5g	12.0g
<b>Carbohydrates</b>	18.6g	40.4g
- Sugars	6.0g	13.0g
<b>Sodium</b>	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 (ii))), 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 JAM

Serving Size: 72g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1000kJ 239Cal	1390kJ 332Cal
<b>Protein</b>	3.1g	4.3g
<b>Fat</b>	14.0g	19.4g
- Total	7.0g	9.8g
- Saturated	7.0g	9.8g
<b>Carbohydrates</b>	25.7g	35.7g
- Sugars	8.7g	12.0g
<b>Sodium</b>	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 (ii))), 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.**

## STRAWBERRY ICED

Serving Size: 69g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1080kJ 257Cal	1560kJ 372Cal
<b>Protein</b>	2.2g	3.1g
<b>Fat</b>	11.3g	16.4g
- Total	5.4g	7.9g
- Saturated	5.4g	7.9g
<b>Carbohydrates</b>	36.7g	53.2g
- Sugars	23.8g	34.5g
<b>Sodium</b>	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 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salts (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
<b>Energy</b>	1150kJ 274Cal	1760kJ 421Cal
<b>Protein</b>	2.8g	4.4g
<b>Fat</b>	16.0g	24.7g
- Total	8.2g	12.6g
- Saturated	8.2g	12.6g
<b>Carbohydrates</b>	29.9g	46.0g
- Sugars	17.9g	27.5g
<b>Sodium</b>	87mg	134mg

**Ingredients:**  
Doughnut (58%) (**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 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours), Caramel Truffle (17%) (Vegetable Fats and Oils (Contains **Soy**), Sugar, **Milk** Solids, **Cream** Powder, Colours (102, 110, 129, 133), Flavour), White Truffle (3%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk** Solids, **Cream** Powder, Flavours). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

## KOOKIES N' KREME

Serving Size: 97g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1640kJ 393Cal	1690kJ 405Cal
<b>Protein</b>	3.9g	4.0g
<b>Fat</b>	20.8g	21.4g
- Total	9.9g	10.2g
- Saturated	9.9g	10.2g
<b>Carbohydrates</b>	47.9g	49.4g
- Sugars	24.6g	25.4g
<b>Sodium</b>	192mg	198mg

**Ingredients:**  
Doughnut (56%) (**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 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Kookies n Kreme filling (18%) (White Crème Filling (Sugar, Water, Vegetable Fats and Oils (contains **Soy**), Sucrose Syrup, **Wheat** Glucose Syrup, Emulsifiers (471, 435, 322-**Soy**), Flavour, Salt), Choc Oreo Biscuit Crumb (17%) (**Wheat** Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), High Fructose Syrup, Salt, Raising Agent (500), Emulsifier (322-**Soy**), Corn Starch, Flavour), White Icing (16%) (Sugar, Water, Vegetable Fats and Oils, Sucrose Syrup, **Wheat** Glucose Syrup, **Wheat** Starch, Emulsifiers (471, 435, 322-**Soy**)), Choc Oreo Biscuit Crumb (10%) (**Wheat** Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), High Fructose Syrup, Salt, Raising Agent (500), Emulsifier (322-**Soy**), Corn Starch, Flavour). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN**