



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 (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), 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 Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), 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), 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 (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 (1%) (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.**

REESES PEANUT BUTTER

Serving Size: 93g Avg

Average Quantities	Per Serving	Per 100g
Energy	1880kJ	2020kJ
	449Cal	482Cal
Protein	7.2g	7.7g
Fat	31.8g	34.2g
- Total	14.5g	15.6g
- Saturated	34.2g	36.8g
Carbohydrates	15.1g	16.3g
- Sugars	196mg	211mg

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 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Reese's Peanut Butter Sauce (19%) (Peanuts (70%), **Peanut** Oil, Sugar, Salt, Vegetable Oils (Contains **Soy**), Cornstarch), Dark Compounded Chocolate (19%) (Sugar, Vegetable Fat (contains **Soy**), Cocoa Powder (14%), **Milk** Solids (9%), Emulsifiers (322-Soy, 476, 492), Flavour), Reese's **Peanut** Butter Chips (9%) (contains Partially Defatted **Peanuts** (35%), **Milk** and **Soy**), Vanilla Biscuit Crumb (1%) (contains **Wheat & Barley**, Raising Agent (500)). **CONTAINS: Peanuts, Wheat and Barley, Egg, Milk and Soy. MAY CONTAIN: 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	37.7g	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%) (Sugar, Sugar Syrup (Sucrose, Glucose (Wheat)), Thickener (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)), Sugar, **Milk** Solids, **Cream** Powder, Flavours, Shortening (Contains **Soy**), Colour (E150c), Water, Preservative (202)), Chocolate Flakes (**Milk** Solids (17%), Cocoa (7%), Emulsifiers (**Soya** Lecithin-322, 492)), Chocolate Ganache (contains: Cocoa Powder (14%), Emulsifier 322-Soy, **Milk** Solids). **CONTAINS: Gluten Containing Cereals, Soy, Egg, and Milk. MAY CONTAIN: Peanuts, Tree Nuts, Sesame and Sulphites**

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 (422), Humectant (422), Emulsifiers (471, 322-Soy)), **Milk** Solids, Thickener (1422), Humectant (422), Emulsifiers (471, 491)), Flavours, Sugar, 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 Curls (2%) (Cocoa Butter (26.6g), Whole (Milk) Powder, Lactose (**Milk**) (4.4%), Cocoa Mass, Emulsifier (322-Soy), Cocoa Oil (Milk), Colour (E160c), Choc Biscuit Crumb (2%) (Contains **Wheat** Flour, Butter Oil (Milk), Colour (E160c), Emulsifier (322-Soy)), **Wheat** Flour, Cocoa Powder (6%), Raising Agents (500, 503), Emulsifier (322-Soy)). **CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

M&M'S® CHOCOLATE DOUGHNUT

Serving Size: 88g Avg

Average Quantities	Per Serving	Per 100g
Energy	1570kJ	1790kJ
	375Cal	427Cal
Protein	4.4g	5.0g
Fat	23.7g	26.9g
- Total	13.3g	15.1g
- Saturated	36.3g	41.3g
Carbohydrates	19.1g	21.7g
- Sugars	148mg	168mg

Ingredients:
Doughnut (60%) (Wheat Flour, Vegetable Shortenings (Contains **Soy**), Water, Sugar, Yeast, Emulsifier (471-Soy), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491)), Flavours, Salt), **Milk** Choc Icing (15%) (Vegetable Oils (Emulsifiers (322-Soy, 492), Sugar, Cocoa Powder, **Milk** Solids, Antioxidant (307, 307b-Soy)), Cream Powder, Flavour, Salt), M&M's Minis Chocolate (11%) (Milk Chocolate (68%) (Sugar, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Vegetable Fat, **Milk** Solids, Thickener (1422)), Humectant (422), Emulsifier (903)), Glazing Agent (903)), White Chocolate M&M's Stamp (Contains Cocoa Butter (27%), **Milk** Powder, Lactose (Milk), Soy Lecithin-E322). **CONTAINS: Gluten Containing Cereals, Wheat, Egg, Milk and Soy. MAY CONTAIN: Barley, Peanuts, Tree Nuts, Sesame, Sulphites and Lupin.**

M&M'S® MINI DOUGHNUT

Serving Size: 70g Avg

Average Quantities	Per Serving	Per 100g
Energy	1220kJ	1750kJ
	292Cal	417Cal
Protein	3.0g	4.3g
Fat	15.7g	22.4g
- Total	7.6g	10.9g
- Saturated	34.4g	49.1g
Carbohydrates	22.3g	31.8g
- Sugars	89mg	127mg

Ingredients:
Doughnut (54%) (Wheat Flour, Vegetable Shortenings (Contains **Soy**), Water, Sugar, Yeast, Emulsifier (471-Soy), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491)), Flavours, Salt), **Milk** Choc Icing (15%) (Vegetable Oils (Emulsifiers (322-Soy, 492), Sugar, Cocoa Powder, **Milk** Solids, Antioxidant (307, 307b-Soy)), Cream Powder, Flavour, Salt), M&M's Minis Chocolate (11%) (Milk Chocolate (68%) (Sugar, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Vegetable Gum (414), Colours (171, 129, 102, 133, 110), Thickener (Dextrin), Glazing Agent (903)), **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Barley, 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,