

Donuts Nutrition Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
<b>Gourmet Donuts (480 - 940 Cals)</b>											
Butterfinger Raised Donut	1 donut	550	35	14	0	0	410	89	0	54	17
Cherry Cheesecake Raised Donut	1 donut	480	29	14	0	0	420	67	0	34	11
Chocolate Delight Long John	1 long john	800	49	26	3	0	430	83	3	52	6
Heath Raised Donut	1 donut	590	38	16	0	5	450	91	0	59	17
Lemon Burst Bismark	1 bismark	880	48	27	0	0	550	139	2	91	18
Maple Bacon Long John	1 long john	680	34	16	0	25	710	78	1	49	13
Oreo Raised Donut	1 donut	940	53	19	0	0	720	146	2	91	19
Pecan Danish	1 danish	740	48	12	1.5	0	340	74	3	45	7
Smores Cake Donut	1 donut	720	43	22	0	15	510	80	2	51	5
Snickers Raised Donut	1 donut	720	35	17	0	0	580	93	2	53	9
Strawberries & Cream Long John	1 long john	770	53	29	0	0	370	103	1	70	16
<b>Supreme Donuts (410 - 940 Cals)</b>											
Apple Danish	1 danish	410	26	10	1.5	0	300	59	0	32	9
Apple Fritter with Maple Icing	1 fritter	750	37	12	0.5	5	340	102	7	59	5
Apple Pie Donut	1 donut	560	31	12	0	0	530	85	1	44	14
Bavarian Filled Bismark with Chocolate Icing	1 bismark	690	30	15	0	0	490	97	2	56	6
Bavarian Filled Bismark with Maple Icing	1 bismark	630	20	9	0	0	440	108	1	67	6
Bavarian Filled Bismark with White Icing	1 bismark	640	35	14	0	0	420	109	1	68	16
Blueberry Danish	1 danish	410	26	10	1.5	0	290	59	0	32	9
Blueberry Streusel Cake Donut	1 donut	590	27	13	0	20	560	80	1	40	7
Cap'n Crunch Raised Donut with White Icing	1 donut	670	35	15	0	0	720	116	0	68	18
Cherry Danish	1 danish	420	26	10	1.5	0	290	62	0	34	9
Cinnamon Twist	1 cinnamon twist	680	37	18	0	0	480	81	6	36	7
Cinnamon Twist with Glaze	1 cinnamon twist	590	37	18	0	0	480	62	6	20	7
Cocoa Pebbles Raised Donut with Chocolate Icing	1 donut	730	29	15	0	0	700	105	1	51	8
Cream Cheese Danish	1 danish	430	27	11	1.5	5	320	58	0	32	10
Creme Filled Bismark with Chocolate Icing	1 bismark	920	41	18	3.5	0	510	130	2	92	6
Creme Filled Bismark with Maple Icing	1 bismark	860	30	12	3.5	0	460	141	1	104	6
Creme Filled Bismark with White Icing	1 bismark	870	46	17	3.5	0	440	142	1	105	16
Fried Cinnamon Roll with Chocolate Icing	1 cinnamon roll	850	46	21	0	15	240	103	8	56	9
Fried Cinnamon Roll with Chocolate Icing and Drizzle	1 cinnamon roll	940	53	24	0	15	240	127	8	79	14
Fried Cinnamon Roll with Glaze	1 cinnamon roll	790	35	15	0	15	170	111	7	63	8
Fried Cinnamon Roll with Maple Icing	1 cinnamon roll	790	35	15	0	15	190	114	7	67	8
Fried Cinnamon Roll with Maple Icing and Drizzle	1 cinnamon roll	890	43	18	0	15	190	138	7	90	14
Fried Cinnamon Roll with White Icing	1 cinnamon roll	790	51	20	0	15	170	115	7	68	19
Fried Cinnamon Roll with White Icing and Drizzle	1 cinnamon roll	890	58	23	0	15	170	138	7	91	24
Fried Croissant	1 croissant	500	36	19	0	20	160	40	1	24	3

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Fruit Loops Raised Donut with White Icing	1 donut	660	34	14	0	0	610	117	5	64	19
Fruity Pebbles Raised Donut with White Icing	1 donut	670	35	15	0	0	610	116	0	63	18
Lemon Filled Bismark with Sugar	1 bismark	470	19	8	0	0	430	71	1	33	6
Lemon Filled Bismark with White Icing	1 bismark	640	34	13	0	0	430	111	1	72	16
Peanut Butter and Jelly Raised Donut	1 donut	540	31	12	0	0	510	78	1	37	14
Raspberry Danish	1 danish	430	26	10	1.5	0	280	63	0	34	9
Raspberry Filled Bismark with Chocolate Icing	1 bismark	710	28	14	0	0	540	110	2	71	6
Raspberry Filled Bismark with White Icing	1 bismark	660	33	13	0	0	480	122	1	83	16
Raspberry Filled Bismark with White Icing and Drizzle	1 bismark	750	41	16	0	0	480	145	1	106	22
Raspberry Filled with Chocolate Icing and Drizzle	1 bismark	800	36	17	0	0	540	134	2	93	12
Rosebud	1 rosebud	510	18	8	0	0	480	78	0	41	7
Strawberry Danish	1 danish	410	26	10	1.5	0	290	59	0	32	9
<b>Classic Donuts (400 - 660 Cals)</b>											
Blueberry Streusel Cake Donut	1 donut	590	27	13	0	20	560	80	1	40	7
Cake Donut with Chocolate Icing	1 donut	560	27	14	0	10	540	73	1	46	5
Cake Donut with Chocolate Icing and Drizzle	1 donut	650	35	16	0	10	540	97	1	69	10
Cake Donut with Chocolate Icing and Sprinkles	1 donut	590	29	14	1	10	540	78	1	50	5
Cake Donut with Maple Icing	1 donut	500	17	8	0	10	490	84	0	58	4
Cake Donut with Maple Icing and Drizzle	1 donut	600	25	10	0	10	490	108	0	81	10
Cake Donut with Maple Icing and Sprinkles	1 donut	540	19	8	0.5	10	490	89	0	62	4
Cake Donut with White Icing	1 donut	510	32	13	0	10	470	84	0	59	15
Cake Donut with White Icing and Drizzle	1 donut	600	40	15	0	10	470	108	0	82	20
Cake Donut with White Icing and Sprinkles	1 donut	540	34	13	0.5	10	470	90	0	63	15
Glazed Raised Donut	1 donut	400	18	8	0	0	380	53	0	24	5
Long John with Chocolate Icing	1 long john	510	32	16	0	0	340	49	2	21	5
Long John with Chocolate Icing and Drizzle	1 long john	600	40	19	0	0	340	73	2	44	11
Long John with Chocolate Icing and Sprinkles	1 long john	560	35	17	1	0	340	58	2	27	5
Long John with Maple Icing	1 long john	480	27	13	0	0	320	55	1	27	5
Long John with Maple Icing and Drizzle	1 long john	580	35	16	0	0	320	79	1	49	10
Long John with Maple Icing and Sprinkles	1 long john	540	30	14	1	0	320	63	1	33	5
Long John with White Icing	1 long john	480	35	16	0	0	310	55	1	27	10
Long John with White Icing and Drizzle	1 long john	580	43	18	0	0	310	79	1	50	16
Long John with White Icing and Sprinkles	1 long john	540	38	17	1	0	310	64	1	33	10
Old Fashioned Cake Donut with Chocolate Icing	1 donut	570	27	14	0	15	480	76	2	50	4
Old Fashioned Cake Donut with Chocolate Icing and Drizzle	1 donut	660	35	16	0	15	480	100	2	73	10
Old Fashioned Cake Donut with Chocolate Icing and Sprinkles	1 donut	600	29	15	1	15	480	81	2	54	4
Old Fashioned Cake Donut with Glaze	1 donut	510	17	8	0	15	420	83	1	57	4
Old Fashioned Cake Donut with Maple Icing	1 donut	510	17	8	0	15	430	87	1	61	4
Old Fashioned Cake Donut with Maple Icing and Drizzle	1 donut	610	25	10	0	15	430	111	1	84	9

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Old Fashioned Cake Donut with Maple Icing and Sprinkles	1 donut	550	19	8	0.5	15	430	92	1	65	4
Old Fashioned Cake Donut with White Icing	1 donut	510	32	13	0	15	420	87	1	62	14
Old Fashioned Cake Donut with White Icing and Drizzle	1 donut	610	40	16	0	15	420	111	1	85	20
Old Fashioned Cake Donut with White Icing and Sprinkles	1 donut	550	34	14	0.5	15	420	93	1	66	14
Raised Donut with Chocolate Icing	1 donut	550	28	14	0	0	450	69	1	37	6
Raised Donut with Chocolate Icing and Drizzle	1 donut	640	36	16	0	0	450	93	1	60	11
Raised Donut with Chocolate Icing and Sprinkles	1 donut	590	30	15	1	0	450	75	1	42	6
Raised Donut with Maple Icing	1 donut	500	18	8	0	0	400	80	0	48	5
Raised Donut with Maple Icing and Drizzle	1 donut	590	25	10	0	0	410	104	0	71	11
Raised Donut with Maple Icing and Sprinkles	1 donut	540	20	9	1	0	410	86	0	53	5
Raised Donut with White Icing	1 donut	500	33	13	0	0	390	80	0	49	16
Raised Donut with White Icing with Drizzle	1 donut	590	41	16	0	0	390	104	0	72	22
Raised Donut with White Icing with Sprinkles	1 donut	540	35	14	1	0	390	87	0	54	16

Donut Holes Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
<b>Donut Holes (60 - 110 Cals)</b>											
Plain Apple Donut Hole	1 donut hole	90	5	2.5	0	5	115	9	0	3	1
Glazed Apple Donut Hole	1 donut hole	110	5	2.5	0	5	115	15	0	8	1
Apple Donut Hole with Cinnamon Sugar	1 donut hole	90	5	2.5	0	5	115	10	0	4	1
Apple Donut Hole with Granulated Sugar	1 donut hole	90	5	2.5	0	5	115	10	0	4	1
Apple Donut Hole with Powdered Sugar	1 donut hole	90	5	2.5	0	5	115	10	0	4	1
Plain Blueberry Donut Hole	1 donut hole	90	5	2.5	0	5	115	9	0	3	1
Glazed Blueberry Donut Hole	1 donut hole	110	5	2.5	0	5	115	15	0	9	1
Blueberry Donut Hole with Cinnamon Sugar	1 donut hole	90	5	2.5	0	5	115	10	0	4	1
Blueberry Donut Hole with Granulated Sugar	1 donut hole	90	5	2.5	0	5	115	10	0	4	1
Blueberry Donut Hole with Powdered Sugar	1 donut hole	90	5	2.5	0	5	115	10	0	4	1
Plain Cherry Donut Hole	1 donut hole	90	5	2.5	0	5	125	9	0	3	1
Glazed Cherry Donut Hole	1 donut hole	110	5	2.5	0	5	125	15	0	8	1
Cherry Donut Hole with Cinnamon Sugar	1 donut hole	90	5	2.5	0	5	125	10	0	4	1
Cherry Donut Hole with Granulated Sugar	1 donut hole	90	5	2.5	0	5	125	10	0	4	1
Cherry Donut Hole with Powdered Sugar	1 donut hole	90	5	2.5	0	5	125	10	0	4	1
Plain Chocolate Donut Hole	1 donut hole	90	5	2.5	0	5	105	9	0	4	1
Glazed Chocolate Donut Hole	1 donut hole	110	5	2.5	0	5	105	15	0	9	1
Chocolate Donut Hole with Cinnamon Sugar	1 donut hole	90	5	2.5	0	5	105	10	0	5	1
Chocolate Donut Hole with Granulated Sugar	1 donut hole	90	5	2.5	0	5	105	10	0	5	1
Chocolate Donut Hole with Powdered Sugar	1 donut hole	90	5	2.5	0	5	105	10	0	5	1
Plain Key Lime Donut Hole	1 donut hole	80	4.5	2	0	5	110	9	0	3	1
Glazed Key Lime Donut Hole	1 donut hole	100	4.5	2	0	5	110	14	0	8	1
Key Lime Donut Hole with Cinnamon Sugar	1 donut hole	80	4.5	2	0	5	110	10	0	4	1
Key Lime Donut Hole with Granulated Sugar	1 donut hole	80	4.5	2	0	5	110	10	0	4	1
Key Lime Donut Hole with Powdered Sugar	1 donut hole	80	4.5	2	0	5	110	10	0	4	1
Plain Lemon Donut Hole	1 donut hole	80	4.5	2	0	5	105	9	0	3	1
Glazed Lemon Donut Hole	1 donut hole	100	4.5	2	0	5	105	14	0	8	1
Lemon Donut Hole with Cinnamon Sugar	1 donut hole	80	4.5	2	0	5	105	10	0	4	1
Lemon Donut Hole with Granulated Sugar	1 donut hole	80	4.5	2	0	5	105	10	0	4	1
Lemon Donut Hole with Powdered Sugar	1 donut hole	80	4.5	2	0	5	105	10	0	4	1
Plain Donut Hole	1 donut hole	60	1.5	0	0	5	135	11	0	4	1
Glazed Plain Donut Hole	1 donut hole	80	1.5	0	0	5	135	16	0	9	1
Plain Donut Hole with Cinnamon Sugar	1 donut hole	60	1.5	0	0	5	135	12	0	5	1

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Plain Donut Hole with Granulated Sugar	1 donut hole	60	1.5	0	0	5	135	12	0	5	1
Plain Donut Hole with Powdered Sugar	1 donut hole	60	1.5	0	0	5	135	12	0	5	1
Plain Pumpkin Donut Hole	1 donut hole	90	5	2.5	0	5	110	9	0	3	1
Glazed Pumpkin Donut Hole	1 donut hole	110	5	2.5	0	5	110	14	0	8	1
Pumpkin Donut Hole with Cinnamon Sugar	1 donut hole	90	5	2.5	0	5	110	10	0	4	1
Pumpkin Donut Hole with Granulated Sugar	1 donut hole	90	5	2.5	0	5	110	10	0	4	1
Pumpkin Donut Hole with Powdered Sugar	1 donut hole	90	5	2.5	0	5	110	10	0	4	1
Plain Raspberry Donut Hole	1 donut hole	80	4.5	2	0	5	105	8	0	3	1
Glazed Raspberry Donut Hole	1 donut hole	100	4.5	2	0	5	105	14	0	8	1
Raspberry Donut Hole with Cinnamon Sugar	1 donut hole	80	4.5	2	0	5	105	9	0	4	1
Raspberry Donut Hole with Granulated Sugar	1 donut hole	80	4.5	2	0	5	105	9	0	4	1
Raspberry Donut Hole with Powdered Sugar	1 donut hole	80	4.5	2	0	5	105	9	0	4	1
Plain Red Velvet Donut Hole	1 donut hole	90	5	1	0	30	115	9	0	4	1
Glazed Red Velvet Donut Hole	1 donut hole	110	5	1	0	30	115	15	0	9	1
Red Velvet Donut Hole with Cinnamon Sugar	1 donut hole	90	5	1	0	30	115	10	0	5	1
Red Velvet Donut Hole with Granulated Sugar	1 donut hole	90	5	1	0	30	115	10	0	5	1
Red Velvet Donut Hole with Powdered Sugar	1 donut hole	90	5	1	0	30	115	10	0	5	1
Plain Strawberry Donut Hole	1 donut hole	90	5	2.5	0	5	115	9	0	4	1
Glazed Strawberry Donut Hole	1 donut hole	110	5	2.5	0	5	115	15	0	9	1
Strawberry Donut Hole with Cinnamon Sugar	1 donut hole	90	5	2.5	0	5	115	10	0	5	1
Strawberry Donut Hole with Granulated Sugar	1 donut hole	90	5	2.5	0	5	115	10	0	5	1
Strawberry Donut Hole with Powdered Sugar	1 donut hole	90	5	2.5	0	5	115	10	0	5	1