

Food Menu Report: Fried Donuts

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Gourmet Donuts											
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	410	66	0	35	11
Chocolate Delight Long John	1 long john	800	48	24	4	0	430	84	2	52	7
Heath Raised Donut	1 donut	590	38	16	0	5	450	91	0	59	17
Lemon Burst Bismark	1 bismark	890	49	28	0	0	550	138	2	92	19
Maple Bacon Long John	1 long john	700	38	17	0	15	750	78	1	49	15
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	710	43	22	0	15	510	80	3	51	4
Snickers Raised Donut	1 donut	710	34	16	0	0	580	93	2	53	8
Strawberries & Cream Long John	1 long john	770	54	28	0	0	360	102	1	70	16
Supreme Donuts											
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 White Icing	1 bismark	640	35	14	0	0	420	109	1	68	16
Bavarian Filled Bismark with Chocolate Icing	1 bismark	680	29	12	2.5	0	480	99	2	56	6
Bavarian Filled Bismark with Maple Icing	1 bismark	630	20	9	0	0	440	108	1	67	6
Creme Filled Bismark with Chocolate Icing	1 bismark	910	40	14	6	0	500	132	2	93	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
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
Raspberry Filled Bismark with Chocolate Icing	1 bismark	700	28	14	0	0	540	110	3	70	6
Raspberry Filled with Chocolate Icing and Drizzle	1 bismark	800	35	17	0	0	540	134	3	93	11
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
Blueberry Streusel Cake Donut	1 donut	590	27	13	0	20	560	80	1	40	7
Fried Cinnamon Roll with Chocolate Icing	1 cinnamon roll	840	45	18	2.5	15	230	105	8	56	9
Fried Cinnamon Roll with Chocolate Icing and Drizzle	1 cinnamon roll	930	53	24	0	15	240	127	8	78	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
Cinnamon Twist	1 cinnamon twist	590	37	18	0	0	480	62	6	20	7

Cinnamon Twist with Glaze	1 cinnamon twist	680	37	18	0	0	480	81	6	36	7
Fried Croissant	1 croissant	500	36	19	0	20	160	40	1	24	3
Apple Danish	1 danish	410	26	10	1.5	0	300	59	0	32	9
Blueberry Danish	1 danish	410	26	10	1.5	0	290	59	0	32	9
Cherry Danish	1 danish	420	26	10	1.5	0	290	62	0	34	9
Cream Cheese Danish	1 danish	430	27	11	1.5	5	320	58	0	32	10
Raspberry Danish	1 danish	430	26	10	1.5	0	280	63	0	34	9
Strawberry Danish	1 danish	410	26	10	1.5	0	290	59	0	32	9
Cap'n Crunch Raised Donut with White Icing	1 donut	670	35	15	0	0	720	116	0	68	18
Cocoa Pebbles Raised Donut with Chocolate Icing	1 donut	720	29	15	0	0	700	106	2	51	7
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
Peanut Butter and Jelly Raised Donut	1 donut	540	31	12	0	0	510	78	1	37	14
Rosebud	1 rosebud	510	18	8	0	0	480	78	0	41	7
Classic Donuts											
Blueberry Streusel Cake Donut	1 donut	590	27	13	0	20	560	80	1	40	7
Cake Donut with Chocolate Icing	1 donut	550	27	14	0	10	540	73	2	46	4
Cake Donut with Chocolate Icing and Drizzle	1 donut	640	35	16	0	10	540	97	2	69	10
Cake Donut with Chocolate Icing and Sprinkles	1 donut	580	29	14	0.5	10	540	78	2	50	4
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	500	32	15	1.5	0	340	50	1	21	5
Long John with Chocolate Icing and Drizzle	1 long john	600	40	19	0	0	340	73	2	44	10
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	560	27	14	0	15	480	76	3	49	4
Old Fashioned Cake Donut with Chocolate Icing and Drizzle	1 donut	650	35	16	0	15	480	100	3	72	9
Old Fashioned Cake Donut with Chocolate Icing and Sprinkles	1 donut	590	29	14	0.5	15	480	81	3	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
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	540	27	10	3	0	450	70	1	37	6
Raised Donut with Chocolate Icing and Drizzle	1 donut	640	35	16	0	0	450	93	2	60	11
Raised Donut with Chocolate Icing and Sprinkles	1 donut	580	30	14	1	0	450	76	2	42	5
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

Food Menu Report: Donut Hole

Item Name	Serving Size	Calories	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Plain Apple Donut Hole	1 donut hole	90	45	5	2.5	0	5	115	9	0	3	1
Glazed Apple Donut Hole	1 donut hole	110	45	5	2.5	0	5	115	15	0	8	1
Apple Donut Hole with Cinnamon Sugar	1 donut hole	90	45	5	2.5	0	5	115	10	0	4	1
Apple Donut Hole with Granulated Sugar	1 donut hole	90	45	5	2.5	0	5	115	10	0	4	1
Apple Donut Hole with Powdered Sugar	1 donut hole	90	45	5	2.5	0	5	115	10	0	4	1
Plain Blueberry Donut Hole	1 donut hole	90	45	5	2.5	0	5	115	9	0	3	1
Glazed Blueberry Donut Hole	1 donut hole	110	45	5	2.5	0	5	115	15	0	9	1
Blueberry Donut Hole with Cinnamon Sugar	1 donut hole	90	45	5	2.5	0	5	115	10	0	4	1
Blueberry Donut Hole with Granulated Sugar	1 donut hole	90	45	5	2.5	0	5	115	10	0	4	1
Blueberry Donut Hole with Powdered Sugar	1 donut hole	90	45	5	2.5	0	5	115	10	0	4	1
Plain Cherry Donut Hole	1 donut hole	90	45	5	2.5	0	5	125	9	0	3	1
Glazed Cherry Donut Hole	1 donut hole	110	45	5	2.5	0	5	125	15	0	8	1
Cherry Donut Hole with Powdered Sugar	1 donut hole	90	45	5	2.5	0	5	125	10	0	4	1
Cherry Donut Hole with Cinnamon Sugar	1 donut hole	90	45	5	2.5	0	5	125	10	0	4	1
Cherry Donut Hole with Granulated Sugar	1 donut hole	90	45	5	2.5	0	5	125	10	0	4	1
Plain Chocolate Donut Hole	1 donut hole	90	45	5	2.5	0	5	105	9	0	4	1
Glazed Chocolate Donut Hole	1 donut hole	110	45	5	2.5	0	5	105	15	0	9	1
Chocolate Donut Hole with Powdered Sugar	1 donut hole	90	45	5	2.5	0	5	105	10	0	5	1
Chocolate Donut Hole with Cinnamon Sugar	1 donut hole	90	45	5	2.5	0	5	105	10	0	5	1
Chocolate Donut Hole with Granulated Sugar	1 donut hole	90	45	5	2.5	0	5	105	10	0	5	1
Plain Key Lime Donut Hole	1 donut hole	80	40	4.5	2	0	5	110	9	0	3	1
Glazed Key Lime Donut Hole	1 donut hole	100	40	4.5	2	0	5	110	14	0	8	1
Key Lime Donut Hole with Cinnamon Sugar	1 donut hole	80	40	4.5	2	0	5	110	10	0	4	1
Key Lime Donut Hole with Granulated Sugar	1 donut hole	80	40	4.5	2	0	5	110	10	0	4	1
Key Lime Donut Hole with Powdered Sugar	1 donut hole	80	40	4.5	2	0	5	110	10	0	4	1
Plain Lemon Donut Hole	1 donut hole	80	40	4.5	2	0	5	105	9	0	3	1
Glazed Lemon Donut Hole	1 donut hole	100	40	4.5	2	0	5	105	14	0	8	1
Lemon Donut Hole with Cinnamon Sugar	1 donut hole	80	40	4.5	2	0	5	105	10	0	4	1
Lemon Donut Hole with Granulated Sugar	1 donut hole	80	40	4.5	2	0	5	105	10	0	4	1
Lemon Donut Hole with Powdered Sugar	1 donut hole	80	40	4.5	2	0	5	105	10	0	4	1
Plain Donut Hole	1 donut hole	60	10	1.5	0	0	5	135	11	0	4	1
Glazed Plain Donut Hole	1 donut hole	80	10	1.5	0	0	5	135	16	0	9	1
Plain Donut Hole with Cinnamon Sugar	1 donut hole	60	10	1.5	0	0	5	135	12	0	5	1
Plain Donut Hole with Powdered Sugar	1 donut hole	60	10	1.5	0	0	5	135	12	0	5	1
Plain Donut Hole with Granulated Sugar	1 donut hole	60	10	1.5	0	0	5	135	12	0	5	1

Plain Pumpkin Donut Hole	1 donut hole	90	45	5	2.5	0	5	110	9	0	3	1
Glazed Pumpkin Donut Hole	1 donut hole	110	45	5	2.5	0	5	110	14	0	8	1
Pumpkin Donut Hole with Cinnamon Sugar	1 donut hole	90	45	5	2.5	0	5	110	10	0	4	1
Pumpkin Donut Hole with Granulated Sugar	1 donut hole	90	45	5	2.5	0	5	110	10	0	4	1
Pumpkin Donut Hole with Powdered Sugar	1 donut hole	90	45	5	2.5	0	5	110	10	0	4	1
Plain Raspberry Donut Hole	1 donut hole	80	40	4.5	2	0	5	105	8	0	3	1
Glazed Raspberry Donut Hole	1 donut hole	100	40	4.5	2	0	5	105	14	0	8	1
Raspberry Donut Hole with Cinnamon Sugar	1 donut hole	80	40	4.5	2	0	5	105	9	0	4	1
Raspberry Donut Hole with Granulated Sugar	1 donut hole	80	40	4.5	2	0	5	105	9	0	4	1
Raspberry Donut Hole with Powdered Sugar	1 donut hole	80	40	4.5	2	0	5	105	9	0	4	1
Plain Red Velvet Donut Hole	1 donut hole	90	45	5	1	0	30	115	9	0	4	1
Glazed Red Velvet Donut Hole	1 donut hole	110	45	5	1	0	30	115	15	0	9	1
Red Velvet Donut Hole with Cinnamon Sugar	1 donut hole	90	45	5	1	0	30	115	10	0	5	1
Red Velvet Donut Hole with Granulated Sugar	1 donut hole	90	45	5	1	0	30	115	10	0	5	1
Red Velvet Donut Hole with Powdered Sugar	1 donut hole	90	45	5	1	0	30	115	10	0	5	1
Plain Strawberry Donut Hole	1 donut hole	90	50	5	2.5	0	5	115	9	0	4	1
Glazed Strawberry Donut Hole	1 donut hole	110	50	5	2.5	0	5	115	15	0	9	1
Strawberry Donut Hole with Cinnamon Sugar	1 donut hole	90	50	5	2.5	0	5	115	10	0	5	1
Strawberry Donut Hole with Granulated Sugar	1 donut hole	90	50	5	2.5	0	5	115	10	0	5	1
Strawberry Donut Hole with Powdered Sugar	1 donut hole	90	50	5	2.5	0	5	115	10	0	5	1