

KRISPY KREME

HAS BEEN MAKING

DOUGHNUTS from a proprietary recipe for over **70 YEARS.** We are dedicated to providing our customers with high-quality products made from premium ingredients. We also are committed to keeping our customers as informed as we can about our offerings.

FOR YOUR CONVENIENCE we have created this leaflet, which includes nutritional information for our 15 most popular doughnut varieties. For more details regarding other varieties and specific ingredient information, please contact us via our Web site at www.krispykreme.co.uk, call us at 0800 731 4100, or ask your local store manager.

NUTRITIONAL INFORMATION

AT A GLANCE

	SERVING SIZE	ENERGY	PROTEIN	CARBOHYDRATES	SUGARS	FAT TOTAL	FAT SATURATED	FIBER	SODIUM
ORIGINAL GLAZED 	52g	905kJ 217kcal	3g	22g	10g	13g	7g	2g	0.14g
	100g	1740kJ 417kcal	6g	43g	19g	25g	14g	4g	0.26g
GLAZED RASPBERRY FLAVOUR 	86g	1288kJ 307kcal	5g	40g	20g	14g	8g	3g	0.14g
	100g	1498kJ 357kcal	6g	47g	23g	16g	9g	4g	0.16g
CHOCOLATE ICED GLAZED 	66g	1131kJ 270kcal	3g	34g	20g	13g	8g	2g	0.14g
	100g	1715kJ 410kcal	5g	51g	30g	20g	12g	3g	0.21g
CHOCOLATE ICED WITH SPRINKLES 	71g	1229kJ 293kcal	4g	40g	22g	13g	8g	2g	0.13g
	100g	1732kJ 413kcal	5g	56g	31g	19g	11g	3g	0.18g
GLAZED LEMON FILLED 	85g	1177kJ 218kcal	4g	35g	16g	14g	8g	3g	0.2g
	100g	1385kJ 331kcal	5g	41g	19g	16g	9g	4g	0.2g
CHOCOLATE ICED WITH CREME FLAVOUR FILLING 	87g	1421kJ 339kcal	5g	41g	17g	17g	9g	3g	0.2g
	100g	1633kJ 390kcal	6g	47g	20g	20g	10g	4g	0.23g
POWDERED STRAWBERRY FILLED 	74g	1035kJ 248kcal	5g	27g	10g	13g	8g	4g	0.2g
	100g	1399kJ 335kcal	7g	36g	14g	18g	11g	5g	0.27g
GLAZED CHOCOLATE CAKE 	80g	1299kJ 309kcal	3g	44g	30g	14g	7g	2g	0.22g
	100g	1624kJ 387kcal	4g	55g	38g	17g	9g	3g	0.28g

* Information featured in the white boxes is for a single serving of 1 doughnut.

* Information featured in the green boxes is for 100g of the indicated doughnut.

	SERVING SIZE	ENERGY	PROTEIN	CARBOHYDRATES	SUGARS	FAT TOTAL	FAT SATURATED	FIBER	SODIUM
MAPLE FLAVOUR ICED 	66g	1164kJ 279kcal	3g	32g	17g	15g	8g	2g	0.12g
	100g	1764kJ 422kcal	5g	49g	26g	23g	12g	3g	0.18g
VANILLA CAKE 	80g	1313kJ 313kcal	3g	46g	26g	14g	7g	2g	0.2g
	100g	1641kJ 391kcal	4g	57g	33g	17g	9g	2g	0.3g
GLAZED CRULLER 	54g	1061kJ 254kcal	2g	26g	15g	16g	9g	2g	0.31g
	100g	1965kJ 471kcal	4g	49g	28g	29g	16g	3.0g	0.37g
POWDERED BLUEBERRY FILLED 	86g	1283kJ 307kcal	6g	31g	9g	17g	10g	4g	0.21g
	100g	1492kJ 357kcal	7g	36g	11g	20g	12g	5g	0.25g
CHOCOLATE ICED CUSTARD FILLED 	87g	1287kJ 307kcal	5g	37g	17g	15g	9g	2g	0.16g
	100g	1480kJ 353kcal	6g	43g	20g	17g	10g	2g	0.18g
CINNAMON APPLE FILLED 	81g	1125kJ 269kcal	6g	30g	11g	15g	9g	4g	0.22g
	100g	1389kJ 332kcal	7g	37g	13g	18g	10g	5g	0.26g
GLAZED WITH CREME FLAVOUR FILLING 	86g	1293kJ 309kcal	4g	38g	19g	15g	8g	3g	0.2g
	100g	1504kJ 359kcal	5g	44g	22g	18g	10g	4g	0.2g

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