



ALLERGEN & NUTRITIONAL *Information*

As we make our doughnuts fresh daily and use many ingredients and shared equipment we cannot guarantee that **any** of our products (including drinks) are free from allergens (including wheat and cereals containing gluten, milk, eggs, soya, nuts, peanuts, sulphites and others).

There are 14 major allergens which need to be declared when used as ingredients, we provide information on these allergens in this guide which are: peanuts, nuts, fish, eggs, crustaceans, sesame seeds, milk, soya, celery, mustard, lupin, molluscs, cereals containing gluten and sulphites/sulphur dioxide. If you have a query about any other ingredient please ask a member of our team who will contact our Customer Care team or contact: helpdesk@krispykreme.co.uk

For all packaged food including impulse items please refer to the packaging for allergen information.

‘✓’ in a column entitled ‘allergen(s) (e.g. wheat gluten) present’ indicates that the product contains that allergen & is therefore not suitable for a person with an allergy or intolerance to it.

‘The ‘**Yes/No**’ in the column entitled ‘suitable for **Vegetarians / Vegans**’ and ‘suitable for **Individuals following a Halal diet**’ details information supplied by the product manufacturer.

Gluten is a protein component of wheat, rye, barley & oats.

Milk includes all products containing milk or milk derivatives e.g. cream

The **Treenuts/nuts** column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their derivatives. The ‘Tree Nut Source (If Present)’ column indicates which tree nut is present in the product.

Drinks Please note that all our drinks nutrition information has been calculated using published data. Please also note that some of our drinks made with Soya Milk may contain other ingredients made from cows’ milk.

Vegetarian We consider our products to be suitable for Vegetarians, however we are not Vegetarian certified.

Halal We consider our products to be suitable for anyone who follows a Halal diet, however we are not Halal certified.

Kosher We consider our products to be suitable for anyone who follows a Kosher diet, however we are not Kosher certified.

Example of how to use the tables

If a customer asks which allergens are present in Original Glazed, help them to find the correct data and advise them to read the contents key and this section before making their choice.

As we use many ingredients and shared equipment we cannot guarantee our food to be allergen free.

KEY















Vegetarian/ Vegan / Halal
Columns















YES = Suitable for this diet



NO = Unsuitable for this diet




Allergens Column




✓ = Contains Allergen




Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	Suitable For Vegans	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya/ Soya	Egg / Egg Products	Milk / Milk Products	Sulphite Above 10pp	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
DOUGHNUTS																					
 Original Glazed	YES	NO	YES	✓					✓	✓											
 Chocolate Sprinkles	YES	NO	YES	✓				✓	✓	✓											
 Doughnut Bites	YES	NO	YES	✓					✓	✓											
 Raspberry Glazed	YES	NO	YES	✓					✓	✓											
 Chocolate Custard	YES	NO	YES	✓				✓	✓	✓											
 Lemon Meringue	YES	NO	YES	✓				✓	✓	✓											
 Chocolate Dreamcake	YES	NO	YES	✓				✓	✓	✓											
 Strawberry & Kreme	YES	NO	YES	✓				✓	✓	✓											
 Apple Crumble	YES	NO	YES	✓			✓		✓	✓											
 Chocolate Iced	YES	NO	YES	✓				✓	✓	✓											
 Salted Caramel Cheesecake	YES	NO	YES	✓				✓	✓	✓											
 Lotus Biscoff	YES	NO	YES	✓				✓	✓	✓											
 Strawberry Gloss	YES	NO	YES	✓					✓	✓											
 Nutty Chocolatta	YES	NO	YES	✓				✓	✓	✓										✓	Hazel nuts

Product Description	Nutrition Per 100g										Nutrition Per Portion									
	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	
DOUGHNUTS																				
 Original Glazed	1611	384	15.9	7.5	53.1	24.2	2.3	6.0	0.47	52	838	200	8.3	3.9	27.6	12.6	1.2	3.1	0.24	
 Chocolate Sprinkles	1642	391	14.8	6.9	58.6	34.7	1.9	4.9	0.39	67	1100	262	9.9	4.6	39.3	23.2	1.3	3.3	0.26	
 Doughnut Bites	1611	384	15.9	7.5	53.1	24.2	2.3	6.0	0.47	36	580	138	5.7	2.7	19.1	8.7	0.8	2.2	0.20	
 Raspberry Glazed	1525	364	15.6	7.4	48.8	22.4	2.2	5.9	0.46	89	1357	324	13.9	6.6	43.4	19.9	2.0	5.3	0.41	
 Chocolate Custard	1378	328	12.6	5.6	46.7	21.9	2.6	5.7	0.49	88	1213	289	11.1	4.9	41.1	19.3	2.3	5.0	0.43	
 Lemon Meringue	1720	410	24	12	40	19	1.8	8.0	0.46	84	1445	344	20.2	10.1	33.6	16	1.5	6.7	0.39	
 Chocolate Dreamcake	1598	382	15.9	7.1	51.9	28.2	3.4	5.9	0.43	92	1470	351	14.6	6.5	47.7	25.9	3.1	5.4	0.40	
 Strawberry & Kreme	1512	360	14.8	6.5	49.8	24.3	2.8	5.6	0.47	91	1376	328	13.5	5.9	45.3	22.1	2.5	5.1	0.43	
 Apple Crumble	1630	389	22	11	41	13	1.9	6.0	0.7	76	1239	296	16.7	8.4	31.2	9.9	1.4	4.6	0.53	
 Chocolate Iced	1608	383	14.6	6.7	56.1	34.6	3.0	5.3	0.42	62	997	237	9.1	4.2	34.8	21.5	1.9	3.3	0.26	
 Salted Caramel Cheesecake	1705	408	21.9	11.7	46.6	20.2	0.5	6.0	0.53	90	1535	367	19.7	10.5	41.9	18.2	0.5	5.4	0.48	
 Lotus Biscoff	1760	421	22.3	8.1	47.3	16.3	2.5	6.5	0.56	94	1654	396	21.0	7.6	44.5	15.3	2.4	6.1	0.53	
 Strawberry Gloss	1599	382	16.8	8.1	49.8	30.7	2.8	6.4	0.48	64	1023	244	10.8	5.2	31.9	19.6	1.8	4.1	0.31	
 Nutty Chocolatta	1821	436	24.1	11	46.9	18.9	2.2	6.7	0.41	87	1584	379	21.0	9.6	40.8	16.4	1.9	5.8	0.36	

Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	Suitable For Vegans	Suitable for Halal	Wheat	Rye	Barley	Oat	Soyal/ Soya	Egg / Egg Products	Milk / Milk Products	Sulphite Above 10pp	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
DOUGHNUTS																					
 Reese's Peanut Butter	YES	NO	YES	✓				✓	✓	✓									✓		
 Caramel Iced	YES	NO	YES	✓				✓	✓	✓											
 Cookies & Kreme	YES	NO	YES	✓				✓	✓	✓											

Product Description	Nutrition Per 100g									Nutrition Per Portion									
	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
DOUGHNUTS																			
 Reese's Peanut Butter	1860	445	23.7	7.89	49.4	22.4	2.8	9.72	0.65	92	1711	409	21.8	7.3	45.4	20.6	2.6	8.9	0.60
 Caramel Iced	1638	389	15.2	7.1	57.6	32.8	1.8	4.7	0.42	66	1081	257	10.0	4.7	38.0	21.7	1.2	3.1	0.28
 Cookies & Kreme	1887	451	24.0	11.7	55.0	32.4	1.6	4.6	0.4	68	1283	307	16.3	8.0	37.4	22.0	1.0	3.1	0.27

Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
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LIMITED EDITION DOUGHNUTS																					
 The Egg-spllosion	YES	NO	YES	✓				✓	✓	✓											
 Cracking Honeycomb Crunch	YES	NO	YES	✓				✓	✓	✓											
 Egg-streme Berry Pop	YES	NO	YES	✓					✓	✓											

Product Description	Nutrition Per 100g									Nutrition Per Portion										
	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	
LIMITED EDITION DOUGHNUTS																				
 The Egg-spllosion	1776	425	22.1	11.1	52.2	28.0	1.7	5.1	0.41	94	1669	399	20.8	10.4	49.1	26.3	1.6	4.8	0.39	
 Cracking Honeycomb Crunch	1737	415	21.3	11.8	50.8	25.2	1.7	5.9	0.47	92	1598	382	19.6	10.8	46.8	23.2	1.6	5.4	0.43	
 Egg-streme Berry Pop	1617	385	15.3	7.4	58.6	33.0	2.6	4.7	0.44	99	1601	381	15.1	7.4	58.0	32.7	2.6	4.6	0.44	

Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	Suitable For Vegans	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya/ Soya	Egg / Egg Products	Milk / Milk Products	Sulphite Above 10pp	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
MILKSHAKES																					
Strawberries & Kreme Shake	YES	NO	YES					✓		✓											
Chocolate Kreme Shake	YES	NO	YES					✓		✓											
Lotus Biscoff Kreme Shake	YES	NO	YES	✓				✓		✓											
LEMONADE																					
Traditional Lemonade 12oz	YES	YES	YES																		
Traditional Lemonade 16oz	YES	YES	YES																		
Pink Lemonade 12oz	YES	YES	YES																		
Pink Lemonade 16oz	YES	YES	YES																		
FRUIT CHILLERS																					
Mango Chiller 12oz	YES	YES	YES																		
Mango Chiller 16oz	YES	YES	YES																		
Strawberry Chiller 12oz	YES	YES	YES																		
Strawberry Chiller 16oz	YES	YES	YES																		

Product Description	Nutrition Per 100 ml									Nutrition Per Portion									
	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
MILKSHAKES																			
Strawberries & Kreme Shake	561	133	3.6	2.0	22.4	21.1	0.0	2.8	0.1	388 ml	2176	515	14.0	7.8	86.9	82.0	0	10.9	0.4
Chocolate Kreme Shake	561	133	3.8	2.2	21.5	20.1	0.0	3.0	0.1	388 ml	2178	515	14.8	8.4	83.4	78.1	0	11.9	0.5
Lotus Biscoff Kreme Shake	568	134	3.8	2.1	19.2	20.1	0.0	3.0	0.1	388 ml	2205	521	14.7	8.2	74.4	78	0	11.7	0.5
LEMONADE																			
Traditional Lemonade 12oz	159	38	0	0	8.6	8.6	0	0	0.0	180 ml	287	69	0	0	15.5	15.5	0	0	0
Traditional Lemonade 16oz	159	38	0	0	8.6	8.6	0	0	0.0	240 ml	382	91	0	0	20.7	20.7	0	0	0
Pink Lemonade 12oz	291	69	0	0	16.3	16.2	0	0	0.0	180 ml	524	124	0	0	29.3	29.3	0	0.1	0
Pink Lemonade 16oz	291	69	0	0	16.3	16.2	0	0	0.0	240 ml	720	171	0	0	40.3	40.3	0	0.1	0
FRUIT CHILLERS																			
Mango Chiller 12oz	247	59	0	0	14.4	14.3	0.5	0.1	0.0	340 ml	841	202	0	0	49	49	2.0	0.2	0.0
Mango Chiller 16oz	247	59	0	0	14.4	14.3	0.5	0.1	0.0	455ml	1121	269	0	0	65.3	65.0	1.0	0.2	0.0
Strawberry Chiller 12oz	343	80	0	0	19.7	19.7	0.5	0.2	0.0	340ml	1165	274	0	0	67.1	67.1	2.0	0.5	0.0
Strawberry Chiller 16oz	343	80	0	0	19.7	19.7	0.5	0.2	0.0	455ml	1553	365	0	0	89.5	89.5	2.0	0.7	0.0








Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	Suitable For Vegans	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya/ Soya	Egg / Egg Products	Milk / Milk Products	Sulphite Above 10pp	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
COFFEE CHILLERS																					
Plain Coffee Chiller 12oz	YES	NO	YES							✓											
Plain Coffee Chiller 16oz	YES	NO	YES							✓											
Mocha Chiller 12oz	YES	NO	YES							✓											
Mocha Chiller 16oz	YES	NO	YES							✓											
Caramel Latte Chiller 12oz	YES	NO	YES							✓											
Caramel Latte Chiller 16oz	YES	NO	YES							✓											
ICED COFFEE																					
Iced Coffee 12oz	YES	NO	YES							✓											
Iced Coffee 16oz	YES	NO	YES							✓											
Mocha Iced Coffee 12oz	YES	NO	YES							✓											
Mocha Iced Coffee 16oz	YES	NO	YES							✓											
Caramel Latte Iced Coffee 12oz	YES	NO	YES							✓											
Caramel Latte Iced Coffee 16oz	YES	NO	YES							✓											








Product Description	Nutrition Per 100g									Nutrition Per Portion									
	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
COFFEE CHILLERS																			
Plain Coffee Chiller 12oz	134	32	1.6	0.8	4.4	2.7	0.5	1.7	0.0	353	474	113	5.7	2.8	15	9.5	1.8	6.0	0.1
Plain Coffee Chiller 16oz	134	32	1.6	0.8	4.4	2.7	0.5	1.7	0.0	471	631	151	7.5	3.7	21	12	2.3	8.0	0.1
Mocha Chiller 12oz	249	60	1.6	0.8	7.5	2.7	0.5	1.7	0.0	353	880	210	5.7	2.8	27	9	1.8	6.0	0.1
Mocha Chiller 16oz	249	60	1.6	0.8	7.5	2.7	0.5	1.7	0.0	471	1173	280	7.5	3.8	35	12	2.4	8.0	0.1
Caramel Latte Chiller 12oz	249	60	1.6	0.8	7.6	2.7	0.5	1.7	0.0	353	880	210	5.7	2.8	26	9	1.8	6.0	0.1
Caramel Latte Chiller 16oz	249	60	1.6	0.8	7.6	2.7	0.5	1.7	0.0	471	1173	280	7.5	3.8	36	12	2.4	8.0	0.1
ICED COFFEE																			
Iced Coffee 12oz	134	32	1.6	0.8	2.7	4.4	0.5	1.7	0.0	353	474	113	5.7	2.8	15	9.5	1.8	6.0	0.1
Iced Coffee 16oz	134	32	1.6	0.8	2.7	4.4	0.5	1.7	0.0	471	631	151	7.5	3.7	20	12	2.3	8.0	0.1
Mocha Iced Coffee 12oz	249	60	1.6	0.8	2.7	7.5	0.5	1.7	0.0	353	880	210	5.7	2.8	26	9.5	1.8	6.0	0.1
Mocha Iced Coffee 16oz	249	60	1.6	0.8	2.7	7.5	0.5	1.7	0.0	471	1173	280	7.5	3.8	35	12	2.4	8.0	0.1
Caramel Latte Iced Coffee 12oz	249	60	1.6	0.8	2.7	7.6	0.5	1.7	0.0	353	880	210	5.7	2.8	26	9.5	1.8	6.0	0.1
Caramel Latte Iced Coffee 16oz	249	60	1.6	0.8	2.7	7.6	0.5	1.7	0.0	471	1173	280	7.5	3.8	35	12	2.4	8.0	0.1

Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	Suitable For Vegans	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya/ Soya	Egg / Egg Products	Milk / Milk Products	Sulphite Above 10pp	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
HOT DRINKS																					
Flat White 8oz	YES	NO	YES							✓											
Latte 12oz	YES	NO	YES							✓											
Latte 16oz	YES	NO	YES							✓											
Cappuccino 12oz	YES	NO	YES							✓											
Cappuccino 16oz	YES	NO	YES							✓											
Mocha 12oz	YES	NO	YES							✓											
Mocha 16oz	YES	NO	YES							✓											
Black Americano 12oz	YES	YES	YES																		
Black Americano 16oz	YES	YES	YES																		
Hot Chocolate 12oz	YES	NO	YES							✓											
Hot Chocolate 16oz	YES	NO	YES							✓											
Tea with milk	YES	NO	YES							✓											

Product Description	Nutrition Per 100g									Nutrition Per Portion									
	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
HOT DRINKS																			
Flat White 8oz	161	38	1.1	0.7	4.4	3.6	0.5	2.7	0.1	229	369	88	2.5	1.6	10	8	1.13	6.0	0.1
Latte 12oz	161	38	1.1	0.7	4.4	3.6	0.5	2.7	0.1	344	554	132	3.8	2.4	15	12	1.7	9.3	0.2
Latte 16oz	161	38	1.1	0.7	4.4	3.6	0.5	2.7	0.1	440	708	169	4.8	3.1	19	16	2.2	11.9	0.3
Cappuccino 12oz	165	39	1.3	0.8	4.1	3.6	0.5	2.8	0.3	282	465	111	3.7	2.3	11	10	1.4	7.9	0.7
Cappuccino 16oz	165	39	1.3	0.8	4.1	3.6	0.5	2.8	0.3	338	558	133	4.4	2.8	13	12	1.7	9.5	0.8
Mocha 12oz	239	57	3.8	2.4	6.9	2.8	0.6	2.7	0.1	334	798	192	12.7	8.1	23	9	2.0	9.0	0.2
Mocha 16oz	239	57	3.8	2.4	6.9	2.8	0.6	2.7	0.1	430	1028	247	16.3	10	29	12	2.6	11.6	0.2
Black Americano 12oz	53	12	0.5	0.0	1.8	1.1	0.5	1.3	0	276	146	34	1.4	0.0	5.0	3.0	1.4	3.6	0.1
Black Americano 16oz	53	12	0.5	0	1.8	1.1	0.5	1.3	0.1	374	197	46	1.9	0.0	6.7	4.1	1.9	4.9	0.1
Hot Chocolate 12oz	322	77	3.2	2.1	8.7	8.4	0.6	3.0	0.1	304	979	234	9.7	6.3	26.4	25.5	1.8	9.1	0.2
Hot Chocolate 16oz	322	77	3.2	2.1	8.7	8.4	0.6	3	0.1	468	1507	359	15.0	9.7	40.7	39.3	2.8	14.0	0.3
Tea with milk	49	12	0.5	0.3	1.1	0.9	0.5	0.9	0	314	154	37	1.6	1.0	3.5	2.8	1.6	2.8	0.1

For syrups add approximately
60additional calories

Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	Suitable For Vegans	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya/ Soya	Egg / Egg Products	Milk / Milk Products	Sulphite Above 10pp	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
ICE KREME																					
 Ice Kreme solo	YES	NO	YES							✓											
 Ice Kreme with caramel sauce and shortbread	YES	NO	YES	✓						✓											
 Ice Kreme with chocolate sauce and shortbread	YES	NO	YES	✓						✓											
 Ice Kreme with caramel sauce / shortbread & bites	YES	NO	YES	✓					✓	✓											
 Ice Kreme with chocolate sauce / shortbread & bites	YES	NO	YES	✓					✓	✓											
 Ice Kreme with chocolate sauce / shortbread & Original Glaze Ring	YES	NO	YES	✓					✓	✓											
 Ice Kreme with caramel sauce / shortbread & Original Glaze Ring	YES	NO	YES	✓					✓	✓											

Product Description	Nutrition Per 100g									Nutrition Per Portion									
	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	kJ	kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
ICE KREME																			
 Ice Kreme solo	630	150	6.5	3.5	19.0	19.0	0.0	3.9	0.1	160g	1008	240	10.4	5.6	30.4	30.4	0	6.2	0.2
 Ice Kreme with caramel sauce and shortbread	740	176	6.4	3.5	25.2	21.3	0.0	3.8	0.1	181g	1339	319	11.5	6.3	45.7	38.5	0	6.9	0.2
 Ice Kreme with chocolate sauce and shortbread	727	173	6.1	3.3	25.3	24.9	0.0	3.8	0.1	181g	1315	313	11.1	6.0	45.8	45.1	0	7.0	0.2
 Ice Kreme with caramel sauce / shortbread & bites	881	210	7.9	4.1	29.7	21.8	0.4	4.2	0.2	216g	1903	453	17.1	8.9	64.2	47.0	0.8	9.0	0.4
 Ice Kreme with chocolate sauce / shortbread & bites	870	207	7.7	4.0	29.8	24.8	0.4	4.2	0.2	216g	1879	448	16.7	8.6	64.4	53.5	0.8	9.1	0.4
 Ice Kreme with chocolate sauce / shortbread & Original Glaze Ring	1145	273	9.7	4.8	40.9	29.1	0.9	4.6	0.3	133g	1523	363	12.9	6.4	54.4	38.7	1.2	6.2	0.4
 Ice Kreme with caramel sauce / shortbread & Original Glaze Ring	1163	277	10.02	5.04	40.8	24.15	0.92	4.62	0.33	133g	1547	369	13.3	6.7	54.3	32.1	1.2	6.1	0.4