

Bakery Nutrition Facts



Due to the variety of donuts, fillings and toppings it would be difficult to list every possible combination, so we have provided this tool for you to use to calculate the total nutritional value for your favorite donut. Nutrition information is provided for each plain donut, each possible filling and each possible topping. Select your donut, filling and topping(s), combine the amounts and you will get your Total Nutritional Intake!

Donuts	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Donut			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Choose a Donut...																							
Plain Ring	57 g	220	110	12	18	5	25	0	0	0	250	10	24	8	1	4	2	5	0	0	2	8	-
Plain Round Shell	64 g	240	100	11	17	4.5	23	0	0	0	320	13	28	9	1	4	3	5	4	0	0	10	-
Plain Long John	57 g	220	110	12	18	5	25	0	0	0	270	11	24	8	< 1	4	2	5	4	0	0	8	-
Cinnamon Swirl	85 g	320	140	15	23	6	30	0	0	0	380	16	38	13	4	16	3	7	6	0	6	15	-
French Crueller	50 g	220	170	19	29	4.5	23	5	55	18	135	6	12	4	0	0	0	2	0	0	0	2	-
Plain Friedcake	85 g	360	200	22	33	5	26	5	15	6	470	19	37	12	1	4	14	5	0	0	4	8	-
Chocolate Friedcake	85 g	420	230	26	40	6	30	6	20	7	550	23	43	14	2	8	16	6	0	0	4	15	-
Sour Cream Friedcake	85 g	430	230	25	39	6	31	6	10	4	440	18	46	15	<1	4	18	6	0	0	4	6	-
Apple Fritter	85 g	340	160	18	28	4.5	25	0	0	0	350	15	40	13	2	8	10	5	4	0	2	10	-
Choose a Filling...																							
Red Raspberry	21 g	60	0	0	0	0	0	0	0	0	10	0	13	4	0	0	12	<1	0	0	0	0	-
Strawberry	21 g	40	0	0	0	0	0	0	0	0	15	0	8	3	0	0	7	0	0	2	0	0	-
White Crème	21 g	100	50	6	9	1.5	7	1.5	0	0	10	0	13	4	0	0	12	0	0	0	0	0	-
Custard	21 g	30	5	1	1	0	0	0	0	0	15	0	5	2	0	0	4	0	0	0	0	0	-
Choose an Icing and/or Topping...																							
Donut Glaze	15 g	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0	-
Chocolate Icing	15 g	45	0	0	0	0	0	0	0	0	10	0	12	4	0	0	11	0	0	0	0	0	-
White Icing	15 g	50	0	0	0	0	0	0	0	0	10	0	12	4	0	0	11	0	0	0	0	0	-
Maple Icing	15 g	50	0	0	0	0	0	0	0	0	15	0	12	4	0	0	12	0	0	0	0	0	-
Granulated Peanuts	15 g	80	60	7	11	1	5	0	0	0	0	0	2	1	1	5	<1	4	0	0	0	2	-
Angel Flake Coconut	12 g	60	40	4.5	7	4.5	21	0	0	0	35	1	5	2	<1	3	4	0	0	0	0	0	-
Donut Sugar	6 g	25	0	0	0	0	0	0	0	0	0	0	5	2	0	0	4	0	0	0	0	0	-
Cinnamon Sugar	7 g	25	0	0	0	0	0	0	0	0	0	0	7	2	0	0	7	0	0	0	0	0	-
Assorted Sprinkles	7 g	35	10	1	2	0	0	0	0	0	0	0	5	2	0	0	3	0	0	0	0	0	-

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Bagels	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 bagel			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Blueberry	99 g	260	15	1.5	2	0	0	0	0	0	400	17	54	18	2	7	7	9	0	0	0	15	-
Cinnamon Raisin	99 g	260	10	1.0	2	0	0	0	0	0	390	16	53	18	2	9	8	9	0	0	2	15	-
Egg	99 g	250	10	1.5	2	0	0	0	15	5	470	20	51	17	2	9	4	9	0	0	2	15	-
Honey Wheat	99 g	260	10	1.5	2	0	0	0	0	0	410	17	55	18	3	14	9	9	0	0	0	15	1
Pumpernickel	99 g	240	10	1	2	0	0	0	0	0	420	17	51	17	2	9	4	9	0	0	0	15	-
Plain	99 g	260	10	1.5	2	0	0	0	0	0	420	18	52	17	2	7	4	10	0	0	0	15	-
Plain Sesame Topped	104 g	290	35	4	6	0	0	0	0	0	420	18	53	18	3	10	4	11	0	0	4	20	-
Plain Poppy Seed Topped	104 g	290	30	3.5	5	0	0	0	0	0	420	18	54	18	2	10	4	11	0	0	0	20	-
Plain Onion Topped	103 g	270	15	1.5	2	0	0	0	0	0	420	18	55	18	2	9	5	10	0	6	2	15	-
Plain Garlic Topped	103 g	270	15	1.5	2	0	0	0	0	0	420	18	55	18	2	8	4	11	0	0	0	15	-
Plain Salted	103 g	260	15	1.5	2	0	0	0	0	0	2070	86	52	17	2	8	4	10	0	0	0	15	-
Plain Everything Topped	105 g	290	25	2.5	4	0	0	0	0	0	420	18	55	18	2	10	5	11	0	0	2	15	-
Multigrain with Flaxseed	104 g	270	25	3	4	0	0	0	0	0	410	17	53	18	3	13	8	10	0	0	2	15	-
Sunflower	104 g	280	50	6	9	1	4	0	0	0	580	24	48	16	3	12	6	10	0	0	2	15	-
Specialty Bialys	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Bialy			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Apple	135g	350	40	4	6	1	4	1	0	0	420	17	70	23	2	10	23	2	2	0	2	15	-
Blueberry	135g	350	35	4	6	1	5	0	5	1	420	17	72	24	3	11	25	9	0	0	0	15	-
Cherry	135g	350	35	4	6	1	6	0	5	1	390	16	71	24	3	11	23	9	4	0	0	15	-
Raspberry	135g	350	35	4	6	1	6	0	5	1	410	17	71	24	3	10	23	9	0	0	0	15	-
Strawberry	135g	350	35	4	6	1	5	0	5	1	390	16	69	23	2	10	20	9	0	0	0	15	-
French Toast	102g	270	10	1.5	2	0	0	0	0	0	380	16	57	19	2	7	11	9	0	0	0	15	-
Garlic Parmesan	113g	330	80	9.0	13	5	25	0	25	8	960	40	46	15	2	7	4	19	4	0	20	15	-
Cheddar Cheese	113g	330	90	10	15	6	28	0	30	10	540	22	46	15	2	7	4	15	6	0	20	15	-
Cheddar Jalapeno	113g	300	80	9	14	5	25	0	25	9	630	26	43	14	2	8	3	14	6	0	20	10	-
Bacon, Egg & Cheese	113g	330	90	10	16	5	27	0	40	13	630	26	45	15	2	7	3	16	6	0	20	15	-
Pizza	134g	340	80	8	13	4	21	0	25	8	560	23	50	17	2	8	4	15	2	0	20	15	-
Pepperoni Pizza	134g	350	100	11	17	5	26	0	30	9	670	28	48	16	2	8	4	16	2	0	20	15	-

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Muffins	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 muffin			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Whole Wheat Chocolate Chip	85	330	140	16	25	4.5	23	0	55	19	240	10	45	15	3	12	29	5	2	0	4	8	1
Blueberry	130 g	410	170	19	29	3.5	18	0	95	32	360	15	55	18	1	4	32	6	4	2	6	6	
Chocolate Chip	137 g	520	220	24	37	7	35	0	95	32	370	15	72	24	2	9	40	7	4	0	6	10	
Cinnamon	130 g	490	210	23	35	5	25	1.5	100	33	380	16	66	22	2	8	40	7	4	0	8	10	
Corn	130 g	470	180	20	31	4	20	0	100	33	380	16	67	22	2	8	31	8	6	0	6	10	
French Vanilla	130 g	480	200	22	34	4.5	23	0	115	38	430	18	63	21	<1	3	35	7	4	0	8	8	
Pistachio flavored with Walnuts	137 g	540	270	30	47	5	25	0	100	33	380	16	59	20	2	6	32	10	4	0	6	10	
Double Chocolate Chip	130 g	480	230	26	40	6	30	0	95	32	440	18	60	20	3	12	41	7	0	0	10	4	
Lemon Poppyseed	137 g	460	180	20	31	4	21	0	100	34	390	16	63	21	<1	4	36	7	4	0	10	8	
Cranberry Walnut	137 g	490	230	25	39	4.5	22	0	100	33	350	15	56	19	2	10	30	10	4	4	6	10	
Banana Walnut	137 g	490	260	29	44	4	21	0	90	29	320	13	53	18	1	6	29	9	4	4	6	8	
Apple Cinnamon	139 g	450	190	21	32	4	20	2	90	29	380	16	61	20	1	5	36	7	6	0	8	8	
Cranberry Orange	137 g	440	160	18	28	3.5	18	0	100	33	370	15	63	21	2	8	37	7	4	10	6	8	
Three Berry	137 g	460	170	18	28	3.5	18	0	95	32	370	15	66	22	2	6	41	7	4	4	6	8	
Peach	137 g	430	160	18	28	4	20	0	105	35	360	15	61	20	<1	3	37	7	4	0	6	8	
Whole Wheat Cranberry Walnut	85	300	140	16	24	3	14	0	65	22	240	10	36	12	3	12	21	6	2	4	4	6	1
Whole Wheat Pumpkin	85	310	150	16	25	2.5	13	0	65	21	250	10	39	13	3	11	23	4	60	2	4	8	1
Whole Wheat Raisin Bran	85	290	110	12	18	2.5	12	0	60	20	230	10	44	15	3	13	27	5	2	0	6	10	1
Whole Wheat Wild Berry	85	290	120	13	21	3	14	0	65	22	250	11	39	13	3	11	23	5	2	4	4	6	1
Whole Wheat Low Fat Blueberry	85	210	35	4	6	0.5	3	0	0	0	270	11	43	14	3	12	26	4	0	0	4	4	1
Croissants	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 plain croissant			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Plain Croissant	85 g	290	140	15	23	9	45	0	50	17	330	14	31	10	2	8	5	6	12	0	2	10	
Scones	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Scone			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Blueberry	85 g	220	50	6	9	2	9	1	25	9	600	25	38	13	1	5	15	4	2	0	2	8	-
Cranberry Orange	85 g	220	50	6	9	2	9	1	25	9	590	25	38	13	2	6	15	4	2	4	2	8	-

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Dessert Bars	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Bar			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Walnut Cheesecake	78 g	370	240	27	41	8	40	2.5	35	12	220	9	28	9	2	7	17	5	15	0	4	6	-
German Chocolate	71 g	370	240	26	41	10	48	3.5	20	6	210	9	30	10	2	9	19	4	10	0	4	10	-
Pumpkin	85 g	280	130	15	23	4	20	2	35	12	170	7	32	11	2	7	21	5	70	0	8	6	-
Lemon Cream	71 g	310	190	21	32	12	62	1	95	32	60	3	28	9	0	0	19	3	15	0	0	2	-
Cranberry Raspberry	71 g	270	110	13	19	6	29	0.5	40	13	55	2	37	12	2	7	21	2	6	0	2	4	-
Cakes	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
				(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Asst Mini Cupcakes 4 Mini Cupcakes	66g	300	160	18	27	4	21	2.5	20	6	160	6	36	12	0	0	23	2	2	0	0	4	-
Assorted Cupcakes 1 Large Cupcake	80g	360	200	23	35	5	25	3	30	10	150	6	37	12	<1	2	19	2	4	0	2	2	-
Lemon Homestyle Cake 1/9 of Cake	82g	360	220	24	37	7	36	1	65	22	510	21	32	11	<1	2	20	4	6	0	2	4	-
Pies	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
				(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Handmade Apple (Double Crust) 1/10 of Pie	125g	270	110	13	20	3.5	17	3.5	0	0	190	8	38	13	3	12	21	2	2	2	2	6	-
Handmade Apple (Crumb Top) 1/10 of Pie	136g	290	100	12	18	3.5	19	2.5	5	2	170	7	48	16	5	21	29	2	2	4	2	6	-
Handmade Blueberry 1/9 of Pie	129g	320	140	15	23	3.5	19	3.5	0	0	230	9	47	16	5	18	25	3	0	2	2	6	-
Mini Blueberry Pie 1/2 of Pie	142g	370	160	18	28	4.5	23	4.5	0	0	270	11	52	17	5	21	26	3	0	2	2	8	-
Handmade Cherry 1/9 of Pie	132g	320	140	16	24	4	20	4.5	0	0	260	11	43	14	4	15	21	3	8	2	2	8	-
Handmade Triple Berry 1/9 of Pie	123g	310	110	12	19	3	15	3	0	0	250	11	51	17	4	17	19	2	0	10	2	6	-
Desserts	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
				(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Vanilla Crème Puff	71g	180	110	12	19	7	36	0.5	70	23	85	3	16	5	<1	3	9	2	10	0	4	2	-
Chocolate Crème Puff	71g	230	150	17	26	11	53	<0.5g	70	23	70	3	17	6	1	6	10	3	10	0	4	4	-
Chocolate Mousse Cup	85g	320	210	23	36	14	72	0	180	60	30	1	21	7	2	7	17	4	15	0	8	8	-

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