

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	64 g	270	150	17	26	5	24	5	0	0	310	13	26	9	1	4	3	4	0	0	2	8	-
Plain Round Shell	71 g	300	170	18	28	5	26	5	0	0	340	14	29	10	1	5	4	5	0	0	2	9	-
Plain Long John	64 g	270	150	17	26	5	24	5	0	0	310	13	26	9	1	4	3	4	0	0	2	8	-
Cinnamon Swirl	71 g	300	170	18	28	5	26	5	0	0	340	14	29	10	1	5	4	5	0	0	2	9	-
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	23	5	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	40	0	0	0	0	0	0	0	0	0	0	10	3	0	0	9	0	0	0	0	0	-
Peanut Crunchlets	15 g	60	10	1.5	2	0	0	0	0	0	60	2	13	4	0	0	9	0	0	0	0	0	-
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	1.0	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	
Sesame Topped	99 g	260	15	1.5	3	0	0	0	0	0	420	18	52	17	2	9	4	10	0	0	0	15	
Sun Dried Tomato Parmesan	99 g	260	15	1.5	2	0	0	0	0	0	440	18	53	18	3	11	6	10	4	0	4	20	-
Multigrain with Flaxseed	113 g	330	40	4.5	7	1	5	0	0	0	490	20	67	22	4	16	9	11	0	0	4	20	
Sunflower	120 g	400	110	12	18	2	10	0	0	0	720	30	63	21	5	20	7	14	0	0	4	25	

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)	
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	
Carrot Raisin with Walnuts	137 g	520	250	28	43	5	25	0	70	23	570	24	60	20	2	8	38	7	110	4	6	15	
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	
Raisin Bran	132 g	460	160	18	28	3.5	18	0	95	32	360	15	70	23	4	17	39	8	4	0	8	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	

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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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Pumpkin Chocolate Chip	137 g	460	180	20	31	6	28	0	85	28	330	14	65	22	2	8	34	7	60	2	8	10		
Mocha Chip	130 g	490	220	24	37	6	30	0	100	33	390	16	64	21	1	4	39	7	4	0	6	10		
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		

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)	(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		

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)	(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	-	

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)	(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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