

Bakery Nutrition Facts



Donuts																								
UPC	Yeast Raised Rings	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol			Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
		g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Bulk	Glazed Ring	71	270	130	14	22	7	35	0	0	0	350	15	34	11	1	4	12	4	0	2	2	2	8
Bulk	Glazed Ring w/ Sprinkles	74	290	130	15	23	8	40	0	0	0	350	15	36	12	1	4	13	4	0	2	2	2	8
Bulk	Chocolate Iced Ring	78	290	130	14	22	7	35	0	0	0	360	15	39	13	1	4	15	4	0	2	2	2	10
Bulk	Chocolate Iced Ring w/ Sprinkles	79	300	130	15	23	8	40	0	0	0	360	15	40	13	1	4	16	4	0	2	2	2	10
Bulk	Chocolate Iced Ring w/ White Drizzle	78	290	130	140	22	7	35	0	0	0	360	15	39	13	1	4	15	4	0	2	2	2	10
Bulk	White Iced Ring	78	290	130	14	22	7	35	0	0	0	360	15	39	13	1	4	15	4	0	2	2	2	10
Bulk	White Iced Ring w/ Sprinkles	79	310	130	15	23	8	40	0	0	0	350	15	41	14	1	4	18	4	0	2	2	2	8
Bulk	White Iced Ring w/ Chocolate Drizzle	78	290	130	14	22	7	35	0	0	0	360	15	39	13	1	4	15	4	0	2	2	2	10
Bulk	Chocolate Iced Coconut Ring	85	320	150	16	25	9	45	0	0	0	370	15	42	14	2	8	17	4	0	2	2	2	10
Bulk	White Iced Coconut Ring	85	330	150	16	25	9	45	0	0	0	360	15	44	15	2	8	19	4	0	2	2	2	8
Bulk	Chocolate Iced Peanut Butter Ring	85	330	150	17	26	7	35	0	0	0	380	16	41	14	2	8	17	5	0	2	2	2	10
Bulk	Maple Iced Ring	77	280	130	14	22	7	35	0	0	0	350	15	36	12	1	4	13	4	0	2	2	2	8

UPC	Filled Shells	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol			Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
		g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Bulk	Buttercreme Filled	105	440	220	24	37	11	55	0	5	2	430	18	51	17	1	4	23	4	2	2	2	2	8
Bulk	Custard Crème Filled	105	350	150	16	25	8	40	0	0	0	440	18	45	15	1	4	17	4	2	2	2	2	10
Bulk	Chocolate Cream Filled Shell	99	440	240	26	40	12	60	0	5	2	410	17	46	15	2	8	17	4	0	2	4	4	10
Bulk	Sugared Raspberry Filled	96	350	140	16	25	7	35	0	0	0	420	18	48	16	1	4	19	4	0	4	4	4	8
Bulk	Sugared Strawberry Filled	96	330	140	16	25	7	35	0	0	0	410	17	43	14	1	4	14	4	0	10	4	4	8
Bulk	Sugared Cherry Filled	96	330	140	16	25	7	35	0	0	0	410	17	42	14	1	4	14	4	0	4	2	2	8
Bulk	Sugared Apple Filled	96	340	140	16	25	7	35	0	0	0	410	17	44	15	1	4	15	40	0	20	2	2	8
Bulk	Sugared Lemon Filled	96	330	140	16	25	7	35	0	0	0	410	17	42	14	1	4	14	4	0	4	2	2	8
Bulk	Glazed Raspberry Filled	105	370	140	15	23	7	35	0	0	0	420	18	54	18	2	8	26	4	0	0	4	4	10
Bulk	Glazed Strawberry Filled	105	350	140	15	23	7	35	0	0	0	410	17	49	16	1	4	21	4	0	10	4	4	8
Bulk	Glazed Cherry Filled	105	350	140	15	23	7	35	0	0	0	420	18	48	16	1	4	21	4	0	4	2	2	8
Bulk	Glazed Apple Filled	105	360	140	15	23	7	35	0	0	0	420	18	50	17	2	8	22	4	0	20	2	2	8
Bulk	Glazed Lemon Filled	105	350	140	16	25	7	35	0	0	0	420	18	48	16	1	4	21	4	0	4	2	2	8

UPC	Frycakes	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
		g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Bulk	Plain Frycake	85	380	210	23	35	10	50	0	25	8	520	22	15	5	0	0	14	5	0	0	6	6
Bulk	Plain Chocolate Frycake	85	380	210	23	35	11	55	0	25	8	590	25	39	13	1	4	14	6	0	0	6	10
Bulk	Sugared Plain Frycake	94	410	210	23	35	10	50	0	25	8	520	22	22	7	0	0	20	5	0	0	6	6
Bulk	Plain Glazed Frycake	113	470	210	23	35	10	50	0	25	8	530	22	37	12	0	0	36	5	0	0	6	6
Bulk	Chocolate Glazed Frycake	113	470	210	23	35	11	55	0	25	8	600	25	61	20	1	4	36	6	0	0	6	10
Bulk	Plain Glazed Frycake w/ Sprinkles	116	480	210	24	37	11	55	0	25	8	530	22	40	13	0	0	37	5	0	0	6	6
Bulk	Chocolate Glazed Frycake w/ Sprinkles	116	480	210	24	37	12	60	0	25	8	600	25	64	21	1	4	37	6	0	0	6	10
Bulk	Plain Cinnamon Sugar Frycake	94	410	210	23	35	10	50	0	25	8	520	22	23	8	0	0	22	5	0	0	6	6
Bulk	Maple Glazed Plain Frycake	108	440	210	23	35	10	50	0	25	8	520	22	30	10	0	0	27	5	0	0	6	6
Bulk	White Iced Frycake	108	460	210	23	35	10	50	0	25	8	520	22	33	11	0	0	32	5	0	0	6	6
Bulk	White Iced Chocolate Frycake	108	460	210	23	35	11	55	0	25	8	590	25	57	19	1	4	32	6	0	0	6	10
Bulk	White Iced Frycake w/ Sprinkles	111	470	210	24	37	11	55	0	25	8	520	22	36	12	0	0	33	5	0	0	6	6
Bulk	White Iced Chocolate Frycake w/ Sprinkles	111	470	210	24	37	12	60	0	25	8	590	25	60	20	1	4	33	6	0	0	6	10
Bulk	White Iced Plain Frycake w/ Drizzle	113	470	210	23	35	10	50	0	25	8	530	22	38	13	0	0	35	5	0	0	6	6
Bulk	White Iced Chocolate Frycake w/ Drizzle	113	470	210	23	35	11	55	0	25	8	600	25	62	21	1	4	35	6	0	0	6	10
Bulk	Chocolate Iced Frycake	108	450	210	23	35	10	50	0	25	8	530	22	32	11	0	0	29	5	0	0	6	10
Bulk	Chocolate Iced Chocolate Frycake	108	450	210	23	35	11	55	0	25	8	600	25	56	19	1	4	29	6	0	0	6	10
Bulk	Chocolate Iced Frycake w/ Sprinkles	111	460	210	24	37	11	55	0	25	8	530	22	34	11	0	0	31	5	0	0	6	6
Bulk	Chocolate Iced Chocolate Frycake w/ Sprinkles	111	460	210	24	37	12	60	0	25	8	600	25	58	19	1	4	31	6	0	0	6	10
Bulk	Chocolate Iced Plain Frycake w/ Drizzle	113	460	210	23	35	10	50	0	25	8	530	22	36	12	0	0	34	5	0	0	6	6
Bulk	Chocolate Iced Chocolate Frycake w/ Drizzle	113	460	210	23	35	11	55	0	25	8	600	25	60	20	1	4	34	6	0	0	6	10
Bulk	Coconut Plain Frycake	142	600	270	30	46	17	85	0	25	8	570	24	53	18	4	16	45	6	0	0	6	8
Bulk	Coconut Chocolate Frycake	142	600	270	30	46	18	90	0	25	8	640	27	77	26	5	20	45	7	0	0	6	15
Bulk	Peanut Plain Frycake	142	630	330	37	57	12	60	0	25	8	530	22	43	14	3	12	37	12	0	0	8	8
Bulk	Peanut Chocolate Frycake	142	630	330	37	57	13	65	0	25	8	600	25	67	22	4	16	37	13	0	0	8	15
Bulk	Cinnamon Streusel Frycake	156	680	300	33	51	15	75	0	25	8	530	22	66	22	2	8	52	7	0	0	8	8

UPC	Sour Cream Frycakes	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
		g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Bulk	Plain Sour Cream Donut	85	380	200	22	34	10	50	0	25	8	470	20	40	13	1	4	14	4	0	0	6	10
Bulk	Glazed Sour Cream Donut	113	470	200	22	34	10	50	0	25	8	480	20	62	21	1	4	36	4	0	0	6	10
Bulk	Glazed Sour Cream w/ Sprinkles Donut	116	480	200	23	35	11	55	0	25	8	480	20	65	22	1	4	37	4	0	0	6	10
Bulk	Sugared Sour Cream Donut	94	410	200	22	34	10	50	0	25	8	470	20	4	16	1	4	20	4	0	0	6	10

UPC	Specialty & Seasonal	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol			Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV						
Bulk	Plain Cinnamon Swirl	85	330	160	18	28	8	40	0	0	0	370	15	35	12	1	4	2	7	0	6	2	15	
Bulk	Glazed Cinnamon Swirl	108	400	160	18	28	8	40	0	0	0	380	16	53	18	1	4	19	7	0	6	2	15	
Bulk	Glazed Cinnamon Swirl w/ Sprinkles	111	410	170	19	29	9	45	0	0	0	380	16	55	18	1	4	21	7	0	6	2	15	
Bulk	White Iced Cinnamon Swirl	108	400	160	18	28	8	40	0	0	0	370	15	53	18	1	4	20	7	0	6	2	15	
Bulk	White Iced Cinnamon Swirl w/ Sprinkles	111	420	170	19	29	9	49	0	0	0	370	15	56	19	1	4	21	7	0	6	2	15	
Bulk	Chocolate Iced Cinnamon Swirl	108	400	160	18	28	8	40	0	0	0	380	16	52	17	1	4	17	7	0	6	2	15	
Bulk	Chocolate Iced Cinnamon Swirl w/ Sprinkles	111	410	170	19	29	9	45	0	0	0	380	16	54	18	1	4	19	7	0	6	2	15	
Bulk	Maple Iced Cinnamon Swirl	108	390	160	18	28	8	40	0	0	0	370	15	50	17	1	4	15	7	0	6	2	15	
Bulk	Glazed Apple Fritter	113	410	150	17	26	8	40	0	0	0	350	15	57	19	2	8	25	6	0	6	2	15	
Bulk	Cinnamon Apple Fritter	94	360	150	17	26	8	40	0	0	0	340	14	43	14	2	8	12	6	0	6	2	15	
Bulk	Plain Pumpkin Frycake	85	320	160	18	28	9	45	0	45	15	390	16	33	11	1	4	12	5	0	0	2	10	
Bulk	Pumpkin Glazed Frycake	113	400	160	18	28	9	45	0	45	15	390	16	54	18	1	4	34	5	0	0	2	8	
Bulk	Sugared Pumpkin Frycake	94	340	170	18	28	9	45	0	45	15	380	16	39	13	1	4	18	5	0	0	2	8	
Bulk	Cinnamon Sugared Pumpkin Frycake	94	340	160	18	28	9	45	0	45	15	380	16	40	13	1	4	20	5	0	0	2	8	
76436	Paczki, Assorted Fillings & Glaze, 1 paczki	131	430	170	18	28	9	45	0	10	3	450	19	62	21	2	8	30	5	4	20	2	10	
Bulk	Fastnacht, Assorted Topped Varieties	63	230	100	11	17	5	25	0	0	0	370	15	29	10	1	4	5	4	0	2	2	8	
Bulk	Churros, 1 each	34	110	70	8	12	4	20	0	15	5	50	2	9	3	0	0	4	1	0	0	0	2	

UPC	Novelty Donuts	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol			Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV						
Bulk	Turtle Ring	91	360	170	19	29	8	40	0	0	0	380	16	44	15	2	8	19	5	0	2	4	10	
Bulk	Maple Iced Bacon Ring	88	320	150	16	25	8	40	0	10	3	510	21	38	13	1	4	15	7	0	2	2	8	
Bulk	Peanut Butter and Jelly	102	400	200	22	34	8	40	0	0	0	470	44	15	2	8	14	7	7	0	4	4	10	
Bulk	Snickerdoodle	89	390	210	23	35	10	50	0	5	2	410	17	41	14	1	4	14	4	2	2	4	8	
Bulk	Chocolate Iced Coconut Crème Pie	113	390	160	18	28	10	50	0	0	0	450	19	50	15	2	8	20	5	2	2	4	10	
Bulk	White Iced Coconut Crème Pie	113	390	170	18	28	10	50	0	0	0	440	18	51	17	2	8	21	4	2	2	4	8	
Bulk	Chocolate Iced Strawberry Filled	107	420	200	22	34	10	50	0	5	2	420	18	51	17	1	4	24	4	0	6	2	10	