

Bakery Nutrition Facts



Donuts	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol			Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Yeast Raised Rings																								
Glazed Ring	71	250	11	14	5	25	0	0	0	260	11	33	12	1	4	14	14	28	4	0	0	6	0	
Glazed Ring w/ Sprinkles	74	270	12	15	6	30	0	0	0	260	11	35	13	1	4	15	15	30	4	0	0	6	0	
Chocolate Iced Ring	77	270	11	14	5	25	0	0	0	260	11	38	14	1	4	17	3	6	4	0	0	10	2	
Chocolate Iced Ring w/ Sprinkles	79	280	12	15	6	30	0	0	0	260	11	40	15	1	4	18	5	10	4	0	0	10	2	
Chocolate Iced Ring w/ White Drizzle	78	280	11	14	5	25	0	0	0	260	11	39	14	1	4	18	4	8	4	0	0	10	2	
White Iced Ring	77	270	11	14	5	25	0	0	0	260	11	38	14	1	4	18	18	36	4	0	0	6	0	
White Iced Ring w/ Sprinkles	79	290	12	15	6	30	0	0	0	260	11	40	15	1	4	20	20	40	4	0	0	6	0	
White Iced Ring w/ Chocolate Drizzle	78	280	11	14	5	25	0	0	0	260	11	39	14	1	4	19	18	36	4	0	0	6	0	
Chocolate Iced Coconut Ring	85	310	13	17	7	35	0	0	0	280	12	42	15	2	7	20	5	10	4	0	0	10	2	
White Iced Coconut Ring	85	310	13	17	7	35	0	0	0	270	12	43	16	2	7	21	21	42	4	0	0	10	2	
Chocolate Iced Peanut Butter Ring	85	310	14	18	5	25	0	0	0	290	13	41	15	1	4	19	3	6	5	0	0	10	2	
Maple Iced Ring	77	270	11	14	5	25	0	0	0	260	11	38	14	1	4	18	18	36	4	0	0	6	0	
Cinnamon Sugar Ring	64	240	11	14	5	25	0	0	0	260	11	29	11	1	4	10	10	20	4	0	14	1	32	
Filled Shells																								
Buttercreme Filled	105	430	22	28	9	45	0	5	2	340	15	52	19	1	4	27	14	28	4	0	2	10	2	
Custard Crème Filled	105	330	14	18	6	30	0	0	0	350	15	46	17	1	4	20	7	14	4	0	2	10	2	
Chocolate Cream Filled Shell	105	420	22	28	9	45	0	0	0	350	15	50	18	1	4	24	10	20	5	0	2	15	4	
Sugared Raspberry Filled	96	330	14	18	5	25	0	0	0	340	15	48	17	1	4	22	21	42	4	0	0	10	2	
Sugared Strawberry Filled	96	310	14	18	5	25	0	0	0	330	14	43	16	1	4	17	16	32	4	0	0	10	2	
Sugared Cherry Filled	96	310	14	18	5	25	0	0	0	330	14	41	15	1	4	17	15	30	4	0	0	10	2	
Sugared Apple Filled	96	320	14	18	5	25	0	0	0	340	15	43	16	1	4	17	15	30	4	0	2	10	2	
Sugared Lemon Filled	96	310	14	18	5	25	0	0	0	340	15	42	15	1	4	16	15	30	4	0	0	10	0	
Sugared Custard Crème Filled	96	310	15	19	6	30	0	0	0	350	15	40	15	1	4	15	14	28	4	0	0	10	0	

Sugared Peach Filled	95	310	14	18	5	25	0	0	0	320	14	41	15	1	4	16	14	28	4	0	12	2	41
Glazed Raspberry Filled	105	350	13	17	5	25	0	0	0	340	15	54	20	2	7	29	28	56	4	0	0	10	2
Glazed Strawberry Filled	105	330	13	17	5	25	0	0	0	330	14	49	18	1	4	24	23	46	4	0	0	10	2
Glazed Cherry Filled	105	330	13	17	5	25	0	0	0	340	15	48	17	1	4	24	22	44	4	0	0	10	2
Glazed Apple Filled	105	330	13	17	5	25	0	0	0	340	15	50	18	1	4	24	22	44	4	0	2	10	2
Glazed Lemon Filled	105	330	13	17	5	25	0	0	0	340	15	48	17	1	4	23	22	44	4	0	0	10	0
Glazed Peach Filled	103	330	13	17	5	25	0	0	0	330	14	47	17	1	4	23	21	42	4	0	12	2	42
Frycakes																							
Plain Frycake	85	340	20	26	9	45	0	15	5	490	21	34	12	2	7	12	11	22	5	0	2	10	2
Plain Chocolate Frycake	85	340	12	15	10	50	0	10	3	460	20	34	12	3	11	12	10	20	5	6	2	10	4
Sugared Plain Frycake	94	430	25	32	12	60	0	15	5	570	25	48	17	2	7	21	19	38	6	0	2	10	4
Sugared Chocolate Frycake	91	360	12	15	10	50	0	10	3	460	20	40	15	3	11	18	16	32	5	1	22	2	205
Plain Glazed Frycake	113	430	20	26	9	45	0	15	5	490	21	56	20	2	7	33	33	66	5	0	2	10	2
Chocolate Glazed Frycake	113	420	12	15	10	50	0	10	3	470	20	56	20	3	11	33	32	64	5	6	2	10	4
Plain Glazed Frycake w/ Sprinkles	116	440	21	27	10	50	0	15	5	490	21	59	21	2	7	35	34	68	5	0	2	10	2
Chocolate Glazed Frycake w/ Sprinkles	116	440	13	17	11	55	0	10	3	470	20	59	21	3	11	35	33	66	5	6	2	10	4
Plain Cinnamon Sugar Frycake	94	370	20	26	9	45	0	15	5	490	21	42	15	2	7	20	19	38	5	0	2	10	2
Maple Glazed Plain Frycake	108	410	20	26	9	45	0	15	5	490	21	52	19	2	7	29	28	56	5	0	2	10	2
White Iced Frycake	108	410	21	27	9	45	0	15	5	490	21	52	19	2	7	30	29	58	5	0	2	10	2
White Iced Chocolate Frycake	108	410	12	15	10	50	0	10	3	460	20	52	19	3	11	30	28	56	5	6	2	10	4
White Iced Frycake w/ Sprinkles	111	430	27	27	10	50	0	15	5	490	21	55	20	2	7	31	30	60	5	0	2	10	2
White Iced Chocolate Frycake w/ Sprinkles	111	430	13	17	11	55	0	10	3	460	20	55	20	3	11	31	29	58	5	6	2	10	4
White Iced Plain Frycake w/ Drizzle	113	430	21	27	9	45	0	15	5	490	21	57	21	2	7	34	29	58	5	0	2	10	2
White Iced Chocolate Frycake w/ Drizzle	113	430	12	15	10	50	0	10	3	460	20	57	21	3	11	34	28	56	5	6	2	10	4
Chocolate Iced Frycake	108	410	21	27	9	45	0	15	5	490	21	52	19	2	7	28	11	22	5	0	2	10	4
Chocolate Iced Chocolate Frycake	108	410	12	15	10	50	0	10	3	470	20	52	19	3	11	28	10	20	5	6	2	10	6
Chocolate Iced Frycake w/ Sprinkles	111	420	21	27	10	50	0	15	5	500	22	54	20	2	7	29	13	26	5	0	2	10	4

Chocolate Iced Chocolate Frycake w/ Sprinkles	111	420	13	17	11	55	0	10	3	470	20	54	20	3	11	29	12	24	5	6	2	10	6
Chocolate Iced Plain Frycake w/ Drizzle	113	430	21	27	9	45	0	15	5	490	21	57	21	2	7	32	15	30	5	0	2	10	4
Chocolate Iced Chocolate Frycake w/ Drizzle	113	430	12	15	10	50	0	10	3	470	20	57	21	3	11	32	15	30	5	6	2	10	6
Coconut Plain Frycake	142	560	27	35	16	80	0	15	5	530	23	72	26	5	18	42	41	82	6	0	2	10	4
Coconut Chocolate Frycake	142	550	19	24	17	85	0	10	3	510	22	72	26	6	21	42	40	80	6	6	2	10	6
Peanut Plain Frycake	142	590	34	44	12	60	0	15	5	490	21	62	23	4	14	35	33	66	12	0	2	10	6
Peanut Chocolate Frycake	142	590	26	33	12	60	0	10	3	470	20	62	23	5	18	35	32	64	12	6	4	10	8
Cinnamon Streusel Frycake	156	640	31	40	14	70	0	15	5	490	21	85	31	3	11	50	49	98	7	0	4	10	4
Sour Cream Frycakes																							
Plain Sour Cream Donut	85	340	20	26	9	45	0	15	5	510	22	36	13	2	7	13	12	24	5	0	2	10	2
Glazed Sour Cream Donut	113	430	20	26	9	45	0	15	5	510	22	58	21	2	7	34	33	66	5	0	2	10	2
Glazed Sour Cream w/ Sprinkles Donut	116	440	20	26	10	50	0	15	5	510	22	60	22	2	7	36	35	70	5	0	2	10	2
Sugared Sour Cream Donut	94	370	20	26	10	50	0	15	5	510	22	43	16	2	7	19	18	36	5	0	2	10	2
Specialty & Seasonal																							
Plain Cinnamon Swirl	85	330	19	24	9	45	0	0	0	380	17	35	13	1	4	3	2	4	7	6	4	10	2
Glazed Cinnamon Swirl	108	400	19	24	9	45	0	0	0	380	17	53	19	1	4	20	19	38	7	6	4	10	2
Glazed Cinnamon Swirl w/ Sprinkles	111	410	20	26	10	50	0	0	0	380	17	55	20	1	4	22	21	42	7	6	4	10	2
White Iced Cinnamon Swirl	108	410	19	24	9	45	0	0	0	380	17	53	19	1	4	21	20	40	7	6	4	10	2
White Iced Cinnamon Swirl w/ Sprinkles	111	420	20	26	10	50	0	0	0	380	17	56	20	1	4	22	21	42	7	6	4	10	2
Chocolate Iced Cinnamon Swirl	108	400	19	24	9	45	0	0	0	390	17	53	19	1	4	19	2	4	7	6	4	10	2
Chocolate Iced Cinnamon Swirl w/ Sprinkles	111	410	20	26	10	50	0	0	0	390	17	55	20	1	4	20	4	8	7	6	4	10	2
Maple Iced Cinnamon Swirl	108	400	19	24	9	45	0	0	0	380	17	53	19	1	4	20	19	38	7	6	4	10	2
Glazed Apple Fritter	113	290	4	5	1.5	8	0	0	0	330	14	59	21	2	7	31	28	56	5	0	27	2	87
Cinnamon Apple Fritter	94	240	4	5	1.5	8	0	0	0	330	4	45	16	2	7	17	15	30	5	0	32	2	89
Pumpkin Frycake	85	330	20	26	10	50	0	10	3	470	20	34	12	2	7	12	11	22	5	0	2	10	2
Pumpkin Glazed Frycake	113	420	20	26	10	50	0	10	3	470	20	56	20	2	7	33	32	64	5	0	2	10	2

Sugared Pumpkin Frycake	94	360	21	27	10	50	0	10	3	470	20	41	15	2	7	18	17	34	5	0	2	10	2
Cinnamon Sugared Pumpkin Frycake	94	340	18	23	9	45	0	45	15	380	17	40	15	0	0	20	8	16	5	0	2	6	0
Apple Cider Frycake	85	340	20	26	10	50	0	15	5	520	23	37	13	2	7	13	12	24	5	0	2	10	2
Apple Cider Glazed Frycake	113	430	20	26	10	50	0	15	5	520	23	59	21	2	7	35	34	68	5	0	2	10	2
Sugared Apple Cider Frycake	94	380	20	26	10	50	0	15	5	520	23	44	16	2	7	19	18	36	5	0	2	10	2
Cinnamon Sugared Apple Cider Frycake	94	380	20	26	10	50	0	15	5	520	23	45	16	2	7	21	20	40	5	0	2	10	2
Paczki, Assorted Fillings & Glaze, or Sugar, 1 paczki	106	310	11	14	4.5	23	0	0	0	300	13	50	18	1	4	28	26	52	3	0	2	10	0
Fastnacht, Assorted Topped Varieties, 1 Fastnacht	57	210	11	14	4.5	23	0	0	0	240	10	25	9	1	4	8	7	14	4	6	0	6	0
Novelty Donuts																							
Turtle Ring	91	340	16	21	6	30	0	0	0	290	13	44	16	2	7	21	3	6	5	0	2	10	2
Maple Iced Bacon Ring	88	320	13	17	6	30	0	10	3	420	18	40	15	1	4	20	20	40	7	0	0	6	2
Peanut Butter and Jelly	102	380	20	26	6	30	0	0	0	390	17	44	16	1	4	17	15	30	7	0	0	10	4
Snickerdoodle	89	370	21	27	8	40	0	5	2	330	14	41	15	1	4	17	16	32	4	0	2	10	0
Chocolate Iced Coconut Crème Pie	113	370	16	21	8	40	0	0	0	360	16	51	19	2	7	23	10	20	5	0	2	10	2
White Iced Coconut Crème Pie	113	370	16	21	8	40	0	0	0	360	16	51	19	2	7	25	23	46	4	0	0	10	2
Chocolate Iced Strawberry Filled	107	410	20	26	8	40	0	5	2	340	15	52	19	1	4	27	14	28	4	0	2	10	2
Apple Pie Bismark	159	580	23	29	10	50	0	0	0	340	15	87	32	3	11	49	47	94	6	0	4	10	2
Chocolate Iced Bacon Ring	88	320	14	18	6	30	0	10	3	430	19	40	15	1	4	19	3	6	7	0	2	10	2
Plain Porcupine Frycake	156	600	28	36	12	60	0	0	0	480	21	89	32	3	11	57	27	54	5	0	2	20	4
Chocolate Porcupine Frycake	156	600	20	26	15	75	0	10	3	480	21	87	32	4	14	58	26	52	7	6	2	20	8
Plain Carnival Frycake	142	570	26	33	14	70	0	0	0	470	20	80	29	1	4	48	48	96	3	0	2	10	0
Chocolate Carnival Frycake	142	560	18	23	16	80	0	10	3	470	20	78	28	3	11	49	47	94	5	6	2	10	4
Salted Caramel Peanut Donut	87	330	15	19	6	30	0	5	2	370	16	41	15	2	7	19	15	30	6	0	2	10	2
White Forest Donut	104	370	18	23	8	40	0	10	3	370	16	47	17	2	7	23	20	40	5	0	2	10	2
Maple French Toast Donut	114	450	22	28	9	45	0	5	2	330	14	60	22	2	7	34	33	66	4	0	2	10	2
Strawberry Shortcake Donut	109	440	22	28	7	35	1.5	5	2	350	15	56	20	1	4	26	20	40	4	0	2	10	0

Chocolate Peanut Butter Surprise Donut	115	520	33	42	11	55	0	5	2	390	17	48	17	1	4	20	15	30	8	0	2	10	4
Zebra Ring w/ Pretzels & Salted Caramel	95	340	12	15	5	25	0	0	0	450	20	52	19	1	4	23	6	12	5	0	2	10	2
Lemon Meringue Donut	97	300	13	17	5	25	0	0	0	330	14	40	15	1	4	16	15	30	4	0	0	10	2
Peach Cobbler Donut	109	420	19	24	7	35	1	0	0	340	15	57	21	1	4	28	20	40	4	0	0	10	0
Caramel Apple Donut	111	350	15	19	5	25	0	0	0	350	15	47	17	1	4	22	19	38	4	0	2	10	2
Sticky Bun Donut	103	430	24	31	7	35	0	5	2	260	11	48	17	2	7	26	15	30	7	0	2	10	2
Salted Caramel Mocha Donut	121	480	23	29	10	50	0	10	3	410	18	63	23	1	4	36	13	26	5	0	2	10	2
Churro Donut	98	390	21	27	10	50	0	15	5	380	17	45	16	1	4	22	18	36	5	0	2	10	2
Chocolate Iced Custard Filled w/ Sprinkles Bismark	109	330	15	19	6	30	0	5	2	350	15	46	17	1	4	20	11	22	4	0	2	10	2
Cinnamon Sugar Ring	64	240	11	14	5	25	0	0	0	260	11	29	11	1	4	10	10	20	4	0	2	6	0
Chocolate Iced Raz Filled Bismark	101	340	13	17	5	25	0	0	0	330	14	52	19	1	4	27	13	26	4	0	2	10	2
Sugared Chocolate Frycake	94	370	12	15	10	50	0	10	3	460	20	41	15	3	11	18	16	32	5	6	2	10	4
White Iced Raz Filled w/ Sprinkles Donut	113	390	14	18	6	30	0	0	0	330	14	61	22	1	4	36	34	68	4	0	0	10	2
White Iced Raz Filled Bismark	101	350	13	17	5	25	0	0	0	320	14	54	20	1	4	30	29	58	4	0	0	10	2
Strawberry Frosted Ring w/ Sprinkles	74	270	12	15	6	30	0	0	0	260	11	36	13	1	4	15	15	30	4	0	0	6	0
Sugared Buttercreme Filled Bismark	90	370	20	26	8	40	0	5	2	330	14	42	15	1	4	18	17	34	4	0	0	10	0
Chocolate Iced Buttercreme Filled Bismark w/ Sprinkles	104	420	22	28	9	45	0	5	2	340	15	51	19	1	4	27	15	30	4	0	0	10	2
Buttercreme Topped Bismark	104	410	21	27	8	40	0	5	2	340	15	52	19	1	4	28	13	26	4	0	13	2	76