

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Yeast Doughnuts												
Original Glazed Doughnut	1 each	52	200	22	<1	2	12	50	3	4	5	95
Chocolate Iced w/Sprinkles	1 each	71	260	38	<1	3	12	42	3	4	5	100
Chocolate Iced Glazed	1 each	66	250	33	>1	3	12	45	3	4	5	100
Maple Iced Glazed	1 each	66	240	32	<1	2	12	43	3	4	5	100
Cinnamon Bun	1 each	67	260	28	<1	3	16	55	4	5	5	125
Sugar Doughnut	1 each	49	200	21	0	2	12	54	3	4	5	95
Cinnamon Twist	1 each	59	230	33	1	3	9	35	2.5	5	5	85
Glazed Cinnamon	1 each	54	210	24	<1	2	12	51	3	4	5	100
Doughnuts												
Traditional	1 each	57	230	25	<1	3	13	53	3	4	20	320
Chocolate Iced Cake	1 each	71	270	36	<1	3	14	43	3	4	20	320
Powdered Cake	1 each	71	280	37	<1	3	14	45	3	4	20	320
Glazed Cruller	1 each	54	240	26	<1	2	14	53	3.5	4.5	15	240
Chocolate Glazed Cruller	1 each	69	290	37	<1	2	15	48	3.5	4.5	15	240
New York Cheesecake	1 each	90	320	35	<1	4	19	53	5	6	10	190
Glazed Blueberry	1 each	80	330	43	<1	3	17	46	4	4	20	290
Glazed Sour Cream	1 each	80	340	42	<1	3	18	48	4.5	6	20	310
Caramel Kreme Crunch	1 each	92	350	43	<1	4	19	49	5	5	5	170
Key Lime Pie	1 each	92	320	40	<1	3	17	48	4.5	5	5	150
Glazed Chocolate Cake	1 each	81	300	41	2	3	15	45	3.5	5	5	310
Dulce De Leche	1 each	75	290	30	<1	3	18	56	4.5	5	5	160
Apple Frittter	1 each	101	380	46	2	4	21	50	5	7	5	290
Filled Doughnuts												
Cinnamon Apple Filled	1 each	81	290	32	<1	3	16	50	4	5	5	150
Powdered Blueberry Filled	1 each	81	290	33	<1	3	18	56	4	5	5	140
Chocolate Iced Crème Filled	1 each	86	350	38	<1	3	20	51	5	6	5	140
Chocolate Iced Custard Filled	1 each	86	300	35	<1	3	17	46	4	5	5	140
Glazed Crème Filled	1 each	85	340	38	<1	3	20	51	5	6	5	140
Glazed Raspberry Filled	1 each	85	300	38	<1	3	18	54	4	5	5	130
Glazed Lemon Filled	1 each	85	290	35	<1	3	16	50	4	5	5	135
Powdered Strawberry Filled	1 each	81	290	33	>1	3	16	55	4	5	5	135
Other Doughnuts and Pies												
Original Glazed Doughnut Holes	5 each	54	200	24	<1	2	11	50	3	3.5	5	95
Glazed Blueberry Doughnut Holes	4 each	51	210	24	0	2	11	47	2.5	3.5	15	250
Glazed Cake Doughnut Holes	4 each	56	210	28	<1	2	11	47	2.5	3	15	230
Glazed Chocolate Cake Doughnut Holes	4 each	56	210	28	<1	2	11	47	2.5	3	15	230