

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)
Doughnuts												
Apple Fritter		87	210	18	1	3	14	60	7	0	5	110
Baseball Doughnut		68	290	33	<1	4	17	53	8	0	0	125
Caramel Kreme Crunch		96	390	50	<1	4	20	46	10	0	5	170
Chocolate Iced Cake		71	280	34	<1	3	15	48	7	0	20	320
Chocolate Iced Custard Filled		89	310	36	<1	4	17	49	8	0	0	150
Chocolate Iced Glazed		64	240	33	<1	2	11	41	5	0	5	95
Chocolate Iced Glazed Cruller		70	260	38	<1	2	12	42	5	0	15	260
Chocolate Iced Glazed Football Stamp		72	290	31	<1	4	17	53	8	0	0	125
Chocolate Iced Glazed Hearts w/Strawberry - Kreme Filling and Red Drizzle		93	360	43	<1	4	20	50	10	0	0	150
Chocolate Iced Kreme Filling		89	360	40	<1	4	21	53	10	0	0	140
Chocolate Iced Kreme Filling Web (Halloween)		100	400	51	<1	4	20	45	10	0	0	140
Chocolate Iced Glazed w/ Sprinkles		72	270	41	<1	2	11	37	5	0	5	95
Chocolate Iced Raspberry Filled		89	310	36	<1	4	17	49	8	0	0	125
Cinnamon Apple Filled		81	290	33	<1	3	16	50	8	0	5	150
Cinnamon Bun		67	260	28	<1	3	16	55	8	0	5	125
Cinnamon Twist		59	240	23	<1	3	15	56	7	0	5	130
Doughnut Hole Glazed Blueberry Cake	4 Holes	51	190	26	<1	2	8	38	4	0	15	210
Doughnut Hole Glazed Cake	4 Holes	51	200	26	<1	2	10	45	4.5	0	15	220
Doughnut Hole Glazed Chocolate Cake	4 Holes	51	190	25	1	2	9	43	4.5	0	15	200
Doughnut Hole Original Glazed	4 Holes	54	200	26	0	2	11	50	4.5	0	0	90
Doughnut Hole Pumpkin Spice	4 Holes	51	210	29	0	2	10	43	4.5	0	15	240
Dulce de Leche		75	300	31	<1	3	18	54	9	0	5	160
Éclair - Chocolate Iced Banana Filled w/Yellow Drizzle		99	290	41	<1	3	13	40	6	0	0	90
Éclair - Chocolate Iced Chocolate Filledw/Chocolate Drizzle		99	290	39	2	4	16	50	7	0	0	120
Éclair - White Iced Strawberries & Kreme Filling w/Pink Drizzle		99	330	43	<1	3	16	44	8	0	5	110
Glazed Blueberry Cake		80	300	42	<1	2	14	42	7	0	20	230
Glazed Chocolate Cake		80	300	41	2	3	15	45	7	0	20	230
Glazed Cinnamon		53	200	25	<1	2	11	50	4.5	0	0	90
Glazed Cruller		56	220	27	<1	2	12	49	5	0	15	260
Glazed Kreme Filling		84	340	38	<1	3	20	53	10	0	5	140
Glazed Lemon Filled		85	290	35	<1	3	16	50	8	0	5	135
Glazed Raspberry Filled		84	290	36	<1	3	16	50	8	0	5	125
Glazed Sour Cream		80	310	43	<1	2	14	41	7	0	20	250
Jack o' Lantern		74	280	38	<1	3	13	42	6	0	0	110
Maple Iced Glazed		64	230	32	<1	2	11	43	5	0	0	90

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Mini Chocolate Iced Glazed		30	110	16	0	1	5	41	2.5	0	0	45
Mini Chocolate Iced with Sprinkles		35	130	20	0	1	5	35	2.5	0	0	45
Mini Original Glazed		23	90	10	0	1	5	50	2.5	0	0	40
New York Cheesecake		96	350	36	<1	4	21	54	10	0	10	200
Original Glazed		49	190	21	0	2	11	52	5	0	0	90
Powdered Blueberry Filled		84	300	34	<1	4	17	51	8	0	0	135
Powdered Cake		54	220	27	0	2	11	45	5	0	15	240
Powdered Strawberry Filled		81	290	33	<1	3	16	50	8	0	5	135
Pumpkin Spice		81	300	42	<1	2	14	50	7	0	20	240
Pumpkin, Football, Egg Shape Iced & Stamped		70	280	29	<1	3	17	55	8	0	5	120
Sugar		46	190	20	0	2	11	52	5	0	0	85
Tennis Ball		73	290	32	<1	4	17	53	8	0	0	125
Traditional Cake		57	190	19	0	2	12	57	6	0	15	260
White Iced Egg with Easter Sprinkles		74	340	41	<1	4	18	48	8	0	0	120
White Iced Glazed Hearts		81	320	38	<1	3	17	48	8	0	0	120
White Iced Glazed Snowman + Stamp		66	280	29	<1	3	17	55	8	0	5	120
White Iced Heart w/Valentine Sprinkles		69	300	35	<1	3	16	48	8	0	0	115
White Iced Shamrock with St. Patrick's Sprinkles		68	300	31	<1	3	18	54	8	0	0	120
White Iced Star with Patriotic Sprinkles		69	300	31	<1	3	18	54	8	0	0	120
BAKED												
Bagels, Cream Cheese, Butter and Jelly												
Plain Bagel		108	260	54	2	10	1	3	0	0	0	490
Cinnamon Raisin Bagel		108	250	54	3	9	1	4	0	0	0	440
Wholegrain/Whole Wheat Bagel		108	290	54	9	11	5	16	0.5	0	0	500
Everything Bagel		108	280	54	3	10	3.5	11	0	0	0	1160
Asiago Cheese Bagel		113	300	57	3	11	3.5	11	1.5	0	5	660
Blueberry Bagel		108	270	57	3	9	1	3	0	0	0	470
Plain Cream Cheese	1 oz	80	80	1	0	1	8	90	5	0	30	115
Plain Cream Cheese	8 oz	670	670	12	0	12	64	86	39	3	255	930
Reduced Fat Plain	1 oz	60	60	2	0	2	5	75	3	0	20	130
Reduced Fat Plain	8 oz	490	490	14	1	17	41	75	25	2	155	1030
Garden Vegetable	1 oz	80	80	2	0	1	7	79	4.5	0	30	150
Garden Vegetable	8 oz	90	90	2	0	2	8	80	5	0	35	160
Garden Vegetable Reduced Fat	8 oz	60	60	2	0	2	5	75	3	0	20	190
Strawberry Reduced Fat	1 oz	80	80	4	0	1	7	79	4	0	25	100
Strawberry Reduced Fat	8 oz	510	510	38	<1	0	34	60	21	1.5	125	870
Salted Butter	1 tbsp	100	100	0	0	0	10	90	7	0	30	115
Grape Jelly	0.5 oz	35	35	9	0	0	0	0	0	0	0	0

Krispy Kreme Doughnuts®

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Strawberry Jelly		0.5 oz	35	9	0	0	0	0	0	0	0	0
Mixed Fruit Jelly		0.5 oz	35	9	0	0	0	0	0	0	0	0
Muffins												
Whole Wheat Banana Nut Muffin with Oat Crisp Crunch Topping		103	380	50	4	7	18	43	3	0	50	390
Reduced Fat Triple Berry Muffin		113	300	57	2	5	6	18	1.5	0	0	400
Blueberry Muffin		113	380	48	1	4	19	45	3.5	0	75	280
Whole Wheat Blueberry Muffin with Oat Crisp Crunch Topping		103	340	47	4	6	15	40	3	0	50	380
Chocolate Chip Muffin with Oat Crisp Crunch Topping		127	500	62	1	6	26	47	7	0	85	330
Whole Wheat Corn Muffin		89	310	44	3	6	13	38	2	0	45	340
Sweet Rolls												
Cinnamon Roll		170	670	76	3	7	38	51	18	1	15	65
Cinnamon Roll Lite		85	330	38	2	3	19	52	9	0	5	35
Pecan Roll		101	420	44	2	5	25	54	10	0	10	40
Pecan Roll		201	840	88	4	9	51	55	20	1	15	85