

 Food Description	Servings	Calories	Fat (gms)	Carbs (gms)	Protein (gms)
Krispy Kreme Blueberry-Filled Powdered Sugar Covered Yeast Donut (Donuts, Danish & Muffins)	1 ea (2.9 oz) (82 gm)	270	13	33	5
Krispy Kreme Cake - Glazed Cruller (Donuts, Danish & Muffins)	1 ea (1.9 oz) (54 gm)	240	14	26	2
Krispy Kreme Cake - Iced Glazed Cruller (Donuts, Danish & Muffins)	1 ea (2.3 oz) (66 gm)	280	15	35	2
Krispy Kreme Chocolate (Enrobed) Mini Cake (Donuts, Danish & Muffins)	3 ea (1.9 oz) (55 gm)	270	17	26	3
Krispy Kreme Chocolate Enrobed Donut Holes (Donuts, Danish & Muffins)	3 ea (1.9 oz) (54 gm)	270	17	27	3
Food Description	Servings	Calories	Fat (gms)	Carbs (gms)	Protein (gms)
Krispy Kreme Chocolate Iced Crème Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (3.0 oz) (86 gm)	340	18	39	5
Krispy Kreme Chocolate Iced Custard Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (3.1 oz) (89 gm)	310	16	39	4
Krispy Kreme Glazed Blueberry Old-Fashioned Cake Donut (Donuts, Danish & Muffins)	1 ea (2.4 oz) (67 gm)	300	15	37	2
Krispy Kreme Glazed Cherry Filled Yeast Donut (Donuts, Danish & Muffins)	1 ea (3.1 oz) (88 gm)	290	14	36	5
Krispy Kreme Glazed Crème Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (3.0 oz) (84 gm)	350	20	39	4
Food Description	Servings	Calories	Fat (gms)	Carbs (gms)	Protein (gms)
Krispy Kreme Glazed Devil's Food Old-Fashioned Cake Donut (Donuts, Danish & Muffins)	1 ea (2.9 oz) (81 gm)	390	24	41	3
Krispy Kreme Glazed Donut Holes (Donuts, Danish & Muffins)	3 ea (1.7 oz) (49 gm)	220	13	25	2
Krispy Kreme	3 ea	230	10	32	2

Krispy Kreme Glazed Mini Cruller (Donuts, Danish & Muffins)	3 ea (2.0 oz) (56 gm)	230	10	32	2
Krispy Kreme Glazed Raspberry Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (3.1 oz) (88 gm)	350	21	36	5
Krispy Kreme Glazed Yeast Donut (Donuts, Danish & Muffins)	1 ea (1.8 oz) (52 gm)	200	11	23	4
Food Description	Servings	Calories	Fat (gms)	Carbs (gms)	Protein (gms)
Krispy Kreme Honey Bun (Donuts, Danish & Muffins)	1 ea (3.4 oz) (96 gm)	410	24	44	5
Krispy Kreme Old Fashioned Sour Cream Cake Donut (Donuts, Danish & Muffins)	1 ea (2.4 oz) (67 gm)	280	11	41	3
Krispy Kreme Old-Fashioned Honey and Oat Donut (Donuts, Danish & Muffins)	1 ea (2.4 oz) (67 gm)	270	13	36	3
Krispy Kreme Plain Mini Cake (Donuts, Danish & Muffins)	4 ea (2.0 oz) (58 gm)	250	14	27	4
Krispy Kreme Powdered Sugar Cake Donut (Donuts, Danish & Muffins)	1 ea (2.3 oz) (66 gm)	260	13	33	3
Food Description	Servings	Calories	Fat (gms)	Carbs (gms)	Protein (gms)
Krispy Kreme Powdered Sugar Donut Holes (Donuts, Danish & Muffins)	3 ea (1.7 oz) (48 gm)	220	13	23	2
Krispy Kreme Traditional Cake Chocolate Iced Donut (Donuts, Danish & Muffins)	1 ea (2.4 oz) (69 gm)	270	13	36	3
Krispy Kreme Traditional Cake Donut (Donuts, Danish & Muffins)	1 ea (2.0 oz) (57 gm)	220	13	25	3
Krispy Kreme Vanilla Iced Cake with Sprinkles (Donuts, Danish & Muffins)	1 ea (2.6 oz) (75 gm)	280	13	39	3
Food Description	Servings	Calories	Fat (gms)	Carbs (gms)	Protein (gms)
Krispy Kreme Yeast Chocolate Iced Glazed Donut (Donuts, Danish & Muffins)	1 ea (2.3 oz) (66 gm)	280	14	36	3
Krispy Kreme Yeast Chocolate Iced Glazed Ring with Sprinkles (Donuts, Danish & Muffins)	1 ea (2.4 oz) (69 gm)	260	12	36	3
Krispy Kreme Yeast Cinnamon Bun	1 ea (2.4 oz)	260	16	28	3

Krispy Kreme Yeast Cinnamon Twist (Donuts, Danish & Muffins)	1 ea (2.1 oz) (59 gm)	230	9	33	3
Krispy Kreme Yeast Glazed Custard Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (3.1 oz) (88 gm)	290	16	34	3
Food Description	Servings	Calories	Fat (gms)	Carbs (gms)	Protein (gms)
Krispy Kreme Yeast Glazed Lemon Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (3.1 oz) (88 gm)	290	16	34	3
Krispy Kreme Yeast Glazed Strawberry Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (2.6 oz) (75 gm)	260	16	26	3

Krispy Kreme Yeast Maple Iced Glazed (Donuts, Danish & Muffins)	1 ea (2.3 oz) (66 gm)	250	12	34	2
Krispy Kreme Yeast Powdered Raspberry Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (3.0 oz) (84 gm)	300	16	36	3
Food Description	Servings	Calories	Fat (gms)	Carbs (gms)	Protein (gms)
Krispy Kreme Yeast Sugar Donut (Donuts, Danish & Muffins)	3 ea (1.7 oz) (49 gm)	200	12	21	2
Krispy Kreme Yeast Vanilla Iced Crème Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (3.0 oz) (86 gm)	360	19	41	5
Krispy Kreme Yeast Vanilla Iced Custard Filled Donut (Shell) (Donuts, Danish & Muffins)	1 ea (3.1 oz) (89 gm)	290	16	33	3