

Nutritional information / Krispy Kreme Doughnuts.

Contributors

Krispy Kreme Doughnuts.

Publication/Creation

Camberley : Krispy Kreme Doughnuts, [2007]

Persistent URL

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At Krispy Kreme,
we are committed to quality. We pride ourselves on only using the finest ingredients. We have endeavoured to answer the most common nutritional queries below, but if you have a question or comment regarding any of our products please do not hesitate to contact Krispy Kreme on 0800 731 4100.

The only animal-related products used in our doughnuts are eggs (whites and yolks) and dairy products including milk, butter, yoghurt, whey, nonfat milk and nonfat whey. Our doughnuts are cooked in 100% vegetable oil shortening (partially hydrogenated vegetable oil). All monoglycerides, diglycerides and enzymes are vegetable based. We also use wheat in our doughnuts, including bran, germ, gluten, starch and flour.

We recognise the challenge that nut-related allergies present. We do not knowingly add any peanuts or other nuts to our doughnuts. While we strive to keep our stores free of nut contaminants, unfortunately, it is not possible to guarantee a 100 percent "nut free" environment for food products sold in a public retail environment.

Our products may contain allergens. If you have specific concerns regarding allergens, please consult the ingredient information available in the stores and on our Web site.



THE KRISPY KREME PROMISE

Krispy Kreme has been making doughnuts of the highest quality from a carefully guarded, secret recipe since 1937. We promise to continue to make good-tasting, high-quality products because that's what you expect and deserve, and that's what we expect of ourselves. If you have a comment about Krispy Kreme, please write, call, or E-mail us. Thank you for choosing Krispy Kreme!

For more information, contact us directly.

Krispy Kreme Doughnuts
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www.krispykreme.co.uk



NUTRITIONAL INFORMATION



KRISPY KREME

HAS BEEN MAKING

DOUGHNUTS from a proprietary recipe for over **65 YEARS**. We are dedicated to providing our customers with high-quality products made from premium ingredients. We also are committed to keeping our customers as informed as we can about our offerings.

FOR YOUR CONVENIENCE we have created this leaflet, which includes nutritional information for our 15 most popular doughnut varieties. For more details regarding other varieties and specific ingredient information, please visit our Web site at www.krispykreme.co.uk, call us at 0800 731 4100, or ask your local store manager.

NUTRITIONAL INFORMATION

	SERVING SIZE	ENERGY	PROTEIN	CARBOHYDRATES	SUGARS	FAT TOTAL	FAT SATURATED	FIBER	SODIUM
ORIGINAL GLAZED	52g	837KJ 200kcal	2g	22g	10g	12g	3g	0.5g	0.10g
	100g	1611KJ 385kcal	4g	42g	19g	23g	6g	1g	0.18g
GLAZED RASPBERRY FLAVOUR	86g	1255KJ 300kcal	3g	39g	21g	16g	4g	1g	0.13g
	100g	1460KJ 349kcal	3g	45g	24g	19g	5g	1g	0.15g
CHOCOLATE ICED GLAZED	66g	1046KJ 250kcal	3g	33g	21g	12g	3g	1g	0.10g
	100g	1586KJ 379kcal	5g	50g	32g	18g	5g	1g	0.15g
CHOCOLATE ICED WITH SPRINKLES	71g	1088KJ 260kcal	3g	38g	24g	12g	3g	1g	0.10g
	100g	1531KJ 366kcal	4g	54g	34g	17g	4g	1g	0.14g
GLAZED LEMON FILLED	85g	1213KJ 290kcal	3g	34g	18g	16g	4g	1g	0.14g
	100g	1427KJ 341kcal	4g	40g	21g	19g	5g	1g	0.16g
CHOCOLATE ICED WITH CREME FLAVOUR FILLING	87g	1464KJ 350kcal	3g	39g	23g	21g	5g	0.5g	0.14g
	100g	1682KJ 402kcal	3g	45g	26g	24g	6g	1g	0.16g
POWDERED STRAWBERRY FILLED	74g	1088KJ 260kcal	3g	26g	9g	16g	4g	1g	0.13g
	100g	1469KJ 351kcal	4g	35g	12g	22g	5g	1g	0.18g
GLAZED CHOCOLATE CAKE	80g	1423KJ 340kcal	3g	42g	27g	18g	4.5g	1g	0.31g
	100g	1778KJ 425kcal	4g	53g	34g	23g	6g	1g	0.39g

* Information featured in the white boxes is for a single serving of 1 doughnut.

* Information featured in the green boxes is for 100g of the indicated doughnut.

AT A GLANCE

	SERVING SIZE	ENERGY	PROTEIN	CARBOHYDRATES	SUGARS	FAT TOTAL	FAT SATURATED	FIBER	SODIUM
MAPLE FLAVOUR ICED	66g	1004KJ 240kcal	2g	32g	20g	12g	3g	0.5g	0.10g
	100g	1523KJ 364kcal	3g	48g	30g	18g	5g	1g	0.15g
VANILLA CAKE	80g	1423KJ 340kcal	3g	42g	27g	18g	4.5g	1g	0.31g
	100g	1778KJ 425kcal	4g	53g	34g	23g	6g	1g	0.39g
GLAZED CRULLER	54g	1004KJ 240kcal	2g	26g	14g	14g	3.5g	0.5g	0.24g
	100g	1858KJ 446kcal	4g	48g	26g	26g	6g	1g	0.44g
POWDERED BLUEBERRY FILLED	86g	1213KJ 290kcal	3g	32g	14g	16g	4g	1g	0.14g
	100g	1410KJ 337kcal	3g	41g	21g	19g	5g	1g	0.16g
CHOCOLATE ICED CUSTARD FILLED	87g	1255KJ 300kcal	3g	35g	17g	17g	4g	0.5g	0.15g
	100g	1443KJ 345kcal	3g	40g	20g	20g	5g	1g	0.17g
CINNAMON APPLE FILLED	81g	1213KJ 290kcal	3g	32g	14g	16g	4g	1g	0.15g
	100g	1498KJ 358kcal	4g	40g	17g	20g	5g	1g	0.19g
GLAZED WITH CREME FLAVOUR FILLING	86g	1423KJ 340kcal	3g	39g	23g	20g	5g	1g	0.14g
	100g	1653KJ 395kcal	3g	45g	27g	23g	6g	1g	0.16g

* Information featured in the white boxes is for a single serving of 1 doughnut.

* Information featured in the green boxes is for 100g of the indicated doughnut.