

Low Fat
Vanilla Crumb

Nutrition Facts
Serving Size: 1 donut (46g)
Amount Per Serving
Calories 148 Calories from Fat 28
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.6g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 200mg 8%
Total Carbohydrates 27g 9%
Dietary Fiber 1g 4%
Sugars 9g
Protein 4g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 9%

Low Fat
Chocolate Crumb

Nutrition Facts
Serving Size: 1 donut (46g)
Amount Per Serving
Calories 149 Calories from Fat 28
% Daily Value*
Total Fat 3.0g 5%
Saturated Fat 0.6g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 202mg 9%
Total Carbohydrates 26g 9%
Dietary Fiber 1g 4%
Sugars 9g
Protein 4g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 10%

Low Fat
Caramel Crumb

Nutrition Facts
Serving Size: 1 donut (46g)
Amount Per Serving
Calories 148 Calories from Fat 28
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.6g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 200mg 8%
Total Carbohydrates 27g 9%
Dietary Fiber 1g 4%
Sugars 9g
Protein 4g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 9%

Low Fat
Original Glazed

Nutrition Facts
Serving Size: 1 donut (52g)
Amount Per Serving
Calories 158 Calories from Fat 24
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.5g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 183mg 8%
Total Carbohydrates 31g 10%
Dietary Fiber 1g 4%
Sugars 14g
Protein 3.5g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 8%

Low Fat Triple Powdered
Winter Donut

Nutrition Facts
Serving Size: 1 donut (46g)
Amount Per Serving
Calories 145 Calories from Fat 24
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.5g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 183mg 8%
Total Carbohydrates 31g 10%
Dietary Fiber 1g 4%
Sugars 14g
Protein 3.5g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 8%

Low Fat
Cinnamon Strudel

Nutrition Facts
Serving Size: 1 donut (46g)
Amount Per Serving
Calories 148 Calories from Fat 28
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.6g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 200mg 8%
Total Carbohydrates 27g 9%
Dietary Fiber 1g 4%
Sugars 9g
Protein 4g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 9%

Low Fat Classic
Vanilla Frosted

Nutrition Facts
Serving Size: 1 donut
Amount Per Serving
Calories 148 Calories from Fat 28
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.6g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 200mg 8%
Total Carbohydrates 27g 9%
Dietary Fiber 1g 4%
Sugars 9g
Protein 4g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 9%

Reduced Fat
Vanilla Coconut

Nutrition Facts
Serving Size: 1 donut (46g)
Amount Per Serving
Calories 145 Calories from Fat 30
% Daily Value*
Total Fat 3.5g 5%
Saturated Fat 1.1g 6%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 200mg 8%
Total Carbohydrates 26g 9%
Dietary Fiber 1g 4%
Sugars 9g
Protein 4g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 8%

Reduced Fat
Toasted Coconut

Nutrition Facts
Serving Size: 1 donut (46g)
Amount Per Serving
Calories 145 Calories from Fat 30
% Daily Value*
Total Fat 3.5g 5%
Saturated Fat 1.1g 6%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 200mg 8%
Total Carbohydrates 26g 9%
Dietary Fiber 1g 4%
Sugars 9g
Protein 4g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 8%

Low Fat
Sugar & Spice

Nutrition Facts
Serving Size: 1 donut (46g)
Amount Per Serving
Calories 145 Calories from Fat 28
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.6g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 200mg 8%
Total Carbohydrates 27g 9%
Dietary Fiber 1g 4%
Sugars 9g
Protein 4g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 9%

Low Fat Boston
Cream Donut Holes

Nutrition Facts
Serving Size: 4 donut holes (52g)
Amount Per Serving
Calories 158 Calories from Fat 24
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.5g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 183mg 8%
Total Carbohydrates 31g 10%
Dietary Fiber 1g 4%
Sugars 14g
Protein 3.5g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 8%

Low Fat Lemon
Vanilla Donut Holes

Nutrition Facts
Serving Size: 4 donut holes (52g)
Amount Per Serving
Calories 158 Calories from Fat 24
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.5g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 183mg 8%
Total Carbohydrates 31g 10%
Dietary Fiber 1g 4%
Sugars 14g
Protein 3.5g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 8%

Low Fat Raspberry
Donut Holes

Nutrition Facts
Serving Size: 4 donut holes (52g)
Amount Per Serving
Calories 158 Calories from Fat 24
% Daily Value*
Total Fat 3.0g 4%
Saturated Fat 0.5g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 183mg 8%
Total Carbohydrates 31g 10%
Dietary Fiber 1g 4%
Sugars 14g
Protein 3.5g
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 8%

Jumbo Reduced
Fat Cinnamon Bun

Nutrition Facts
Serving Size: 1 cinnamon bun (128g)
Amount Per Serving
Calories 340 Calories from Fat 45
% Daily Value*
Total Fat 5g 8%
Saturated Fat 1.0g 5%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 423mg 18%
Total Carbohydrates 68g 23%
Dietary Fiber 2g 8%
Sugars 29g
Protein 8g
Vitamin A 0% Vitamin C 1%
Calcium 3% Iron 17%

Jumbo Reduced Fat
Blueberry Cinnamon Bun

Nutrition Facts
Serving Size: 1 cinnamon bun (128g)
Amount Per Serving
Calories 340 Calories from Fat 45
% Daily Value*
Total Fat 5g 8%
Saturated Fat 1.0g 5%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 423mg 18%
Total Carbohydrates 68g 23%
Dietary Fiber 2g 8%
Sugars 29g
Protein 8g
Vitamin A 0% Vitamin C 1%
Calcium 3% Iron 17%

If you intend on storing your donuts for longer than 3 weeks, we suggest placing them in individual ziplock freezer bags to maintain peak freshness.

