

**Reduced Fat
Caramel Apple**

Nutrition Facts
Serving Size: 1 donut (82g)
Amount Per Serving
Calories 229 Calories from Fat 34
% Daily Value*
Total Fat 3.8g 6%
Saturated Fat 0.8g 4%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 289mg 12%
Total Carbohydrates 43g 14%
Dietary Fiber 1.4g 6%
Sugars 17g
Protein 5g
Vitamin A 0% Vitamin C 1%
Calcium 2% Iron 14%

**Reduced Fat Lemon
Graham Cracker**

Nutrition Facts
Serving Size: 1 donut (77g)
Amount Per Serving
Calories 217 Calories from Fat 33
% Daily Value*
Total Fat 3.7g 6%
Saturated Fat 0.7g 4%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 293mg 12%
Total Carbohydrates 41g 14%
Dietary Fiber 1.3g 5%
Sugars 15g
Protein 5g
Vitamin A 0% Vitamin C 1%
Calcium 2% Iron 11%

**Reduced Fat
Strawberry Shortcake**

Nutrition Facts
Serving Size: 1 donut (82g)
Amount Per Serving
Calories 229 Calories from Fat 34
% Daily Value*
Total Fat 3.8g 6%
Saturated Fat 0.8g 4%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 289mg 12%
Total Carbohydrates 43g 14%
Dietary Fiber 1.4g 6%
Sugars 17g
Protein 5g
Vitamin A 0% Vitamin C 1%
Calcium 2% Iron 14%

**Reduced Fat
Raspberry Fudge**

Nutrition Facts
Serving Size: 1 donut (82g)
Amount Per Serving
Calories 230 Calories from Fat 35
% Daily Value*
Total Fat 3.9g 6%
Saturated Fat 0.8g 4%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 292mg 12%
Total Carbohydrates 42g 14%
Dietary Fiber 1.5g 6%
Sugars 17g
Protein 5g
Vitamin A 0% Vitamin C 0%
Calcium 2% Iron 14%

**Reduced Fat
Banana Cream Pie**

Nutrition Facts
Serving Size: 1 donut (82g)
Amount Per Serving
Calories 221 Calories from Fat 37
% Daily Value*
Total Fat 4.0g 6%
Saturated Fat 0.9g 5%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 311mg 13%
Total Carbohydrates 39g 13%
Dietary Fiber 1.4g 5%
Sugars 13g
Protein 5g
Vitamin A 4% Vitamin C 0%
Calcium 2% Iron 14%

**Reduced Fat
Blueberry Crumb Cake**

Nutrition Facts
Serving Size: 1 donut (82g)
Amount Per Serving
Calories 218 Calories from Fat 35
% Daily Value*
Total Fat 3.8g 6%
Saturated Fat 0.8g 4%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 295mg 12%
Total Carbohydrates 40g 13%
Dietary Fiber 1.5g 6%
Sugars 13g
Protein 6g
Vitamin A 0% Vitamin C 1%
Calcium 2% Iron 14%

**Reduced Fat Raspberry
Graham Cracker**

Nutrition Facts
Serving Size: 1 donut (77g)
Amount Per Serving
Calories 217 Calories from Fat 35
% Daily Value*
Total Fat 3.9g 4%
Saturated Fat 0.7g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 275mg 10%
Total Carbohydrates 45g 16%
Dietary Fiber 1.4g 5%
Sugars 16g
Protein 5g
Vitamin A 0% Vitamin C 1%
Calcium 2% Iron 11%

**Reduced Fat
Coconut Cream Pie**

Nutrition Facts
Serving Size: 1 donut (79g)
Amount Per Serving
Calories 209 Calories from Fat 35
% Daily Value*
Total Fat 4.0g 6%
Saturated Fat 1.2g 6%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 288mg 12%
Total Carbohydrates 38g 13%
Dietary Fiber 1.4g 5%
Sugars 12g
Protein 5g
Vitamin A 0% Vitamin C 0%
Calcium 2% Iron 11%

**Reduced Fat Banana
Cream Oreo Cookie**

Nutrition Facts
Serving Size: 1 donut (82g)
Amount Per Serving
Calories 221 Calories from Fat 37
% Daily Value*
Total Fat 4.0g 6%
Saturated Fat 0.9g 5%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 311mg 13%
Total Carbohydrates 39g 13%
Dietary Fiber 1.4g 6%
Sugars 13g
Protein 5g
Vitamin A 4% Vitamin C 0%
Calcium 2% Iron 14%

**Reduced Fat Apple
Graham Cracker**

Nutrition Facts
Serving Size: 1 donut (77g)
Amount Per Serving
Calories 217 Calories from Fat 35
% Daily Value*
Total Fat 3.9g 4%
Saturated Fat 0.7g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 275mg 10%
Total Carbohydrates 45g 16%
Dietary Fiber 1.4g 6%
Sugars 16g
Protein 5g
Vitamin A 0% Vitamin C 1%
Calcium 2% Iron 11%

**Reduced Fat Boston
Cream Oreo Cookie**

Nutrition Facts
Serving Size: 1 donut (81g)
Amount Per Serving
Calories 218 Calories from Fat 36
% Daily Value*
Total Fat 4.0g 6%
Saturated Fat 0.9g 5%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 301mg 13%
Total Carbohydrates 40g 13%
Dietary Fiber 1.4g 6%
Sugars 13g
Protein 5g
Vitamin A 0% Vitamin C 0%
Calcium 2% Iron 12%

**Reduced Fat Raspberry
Vanilla Truffle**

Nutrition Facts
Serving Size: 1 donut (77g)
Amount Per Serving
Calories 217 Calories from Fat 35
% Daily Value*
Total Fat 3.9g 4%
Saturated Fat 0.7g 3%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 275mg 10%
Total Carbohydrates 45g 16%
Dietary Fiber 1.4g 5%
Sugars 16g
Protein 5g
Vitamin A 0% Vitamin C 1%
Calcium 2% Iron 11%

**Reduced Fat Vanilla
Frosted Boston Cream**

Nutrition Facts
Serving Size: 1 donut (75g)
Amount Per Serving
Calories 200 Calories from Fat 34
% Daily Value*
Total Fat 3.8g 6%
Saturated Fat 0.7g 4%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 282mg 10%
Total Carbohydrates 37g 16%
Dietary Fiber 1.4g 5%
Sugars 12g
Protein 5g
Vitamin A 0% Vitamin C 0%
Calcium 2% Iron 11%

**Reduced Fat Fudge
Crumb Boston Cream**

Nutrition Facts
Serving Size: 1 donut (82g)
Amount Per Serving
Calories 221 Calories from Fat 36
% Daily Value*
Total Fat 4.0g 6%
Saturated Fat 0.8g 4%
TransFat 0g
Cholesterol less than 2mg 1%
Sodium 311mg 10%
Total Carbohydrates 39g 16%
Dietary Fiber 1.4g 5%
Sugars 13g
Protein 5g
Vitamin A 0% Vitamin C 0%
Calcium 2% Iron 14%

**Low Fat Cinnamon
Bun Middles**

Nutrition Facts
Serving Size: 1 cinnamon bun (38g)
Amount Per Serving
Calories 80-100 Calories from Fat 13
% Daily Value*
Total Fat 1.5g 2%
Saturated Fat 0.3g 1%
TransFat 0g
Cholesterol less than 1mg 1%
Sodium 126g 5%
Total Carbohydrates 20g 7%
Dietary Fiber 1g 3%
Sugars 9g
Protein 2g
Vitamin A 0% Vitamin C 1%
Calcium 2% Iron 5%

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.