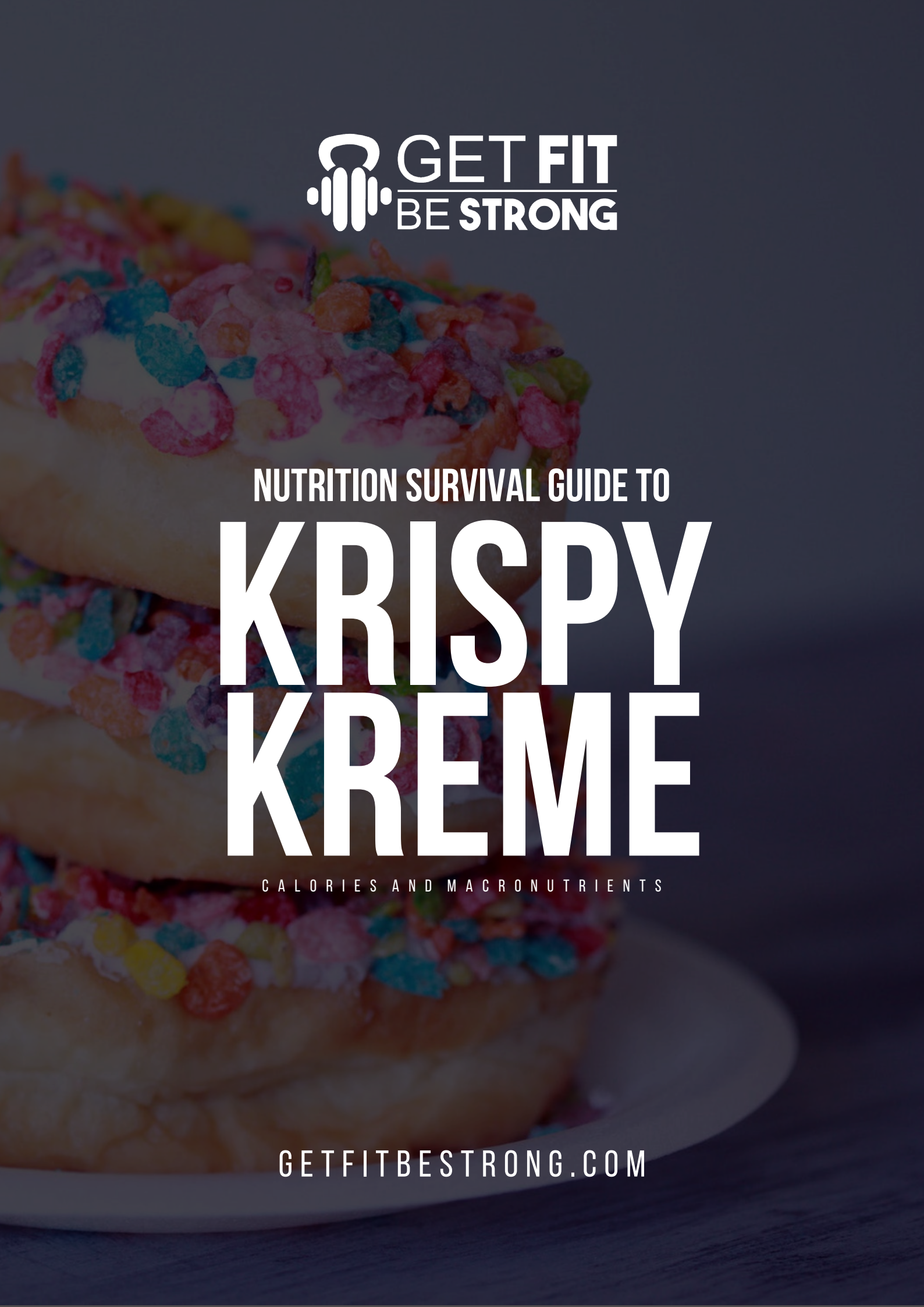

GET FIT BE STRONG

NUTRITION SURVIVAL GUIDE TO

KRISPY KREME

CALORIES AND MACRONUTRIENTS

GETFITBESTRONG.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SINGLE DOUGHNUT

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
White Chocolate Dreamcake	405	5	50	1.6	25	21	0.5
Reese's Peanut Butter Kreme	402	6	50	1.5	24	20	0.4
Lotus Caramelised Biscoff	396	6	45	2.4	15	21	0.5
Nutty Chocolatta	379	6	41	1.9	16	21	0.4
Cookie & Creme Shell	368	5	54	2.9	32	14	0.4
Chocolate Dreamcake	351	5	48	3.1	26	15	0.4
Strawberries & Kreme	326	5	45	2.5	22	13	0.4
Glazed Raspberry	324	5	43	2	20	14	0.4
Chocolate Custard	289	5	41	2.3	19	11	0.4
Chocolate Sprinkles	262	3	39	1.3	23	10	0.3
Chocolate Glazed	257	3	28	1.2	13	15	0.3
Strawberry Gloss	244	4	32	1.8	20	11	0.3
Chocolate Iced	237	3	35	1.9	22	9	0.3
Original Glazed	200	3	28	1.2	13	8	0.2

TWO DOUGHNUTS

2x White Chocolate Dreamcake	810	10	100	3.2	50	42	0.9
2x Reese's Peanut Butter Kreme	804	12	99	3	48	41	0.9
2x Lotus Caramelised Biscoff	792	12	89	4.8	31	42	1
2x Nutty Chocolatta	758	12	82	3.8	32	42	0.7
2x Cookie & Creme Shell	736	10	108	5.8	64	28	0.8
2x Chocolate Dreamcake	702	11	95	6.2	52	29	0.8
2x Strawberries & Kreme	652	10	90	5	44	27	0.8
2x Glazed Raspberry	648	11	87	4	40	28	0.8
2x Chocolate Custard	578	10	82	4.6	39	22	0.9
2x Chocolate Sprinkles	524	7	79	2.6	46	20	0.5
2x Chocolate Glazed	514	6	57	2.4	26	30	0.5
2x Strawberry Gloss	488	8	64	3.6	39	22	0.6
2x Chocolate Iced	474	7	70	3.8	43	18	0.5
2x Original Glazed	400	6	55	2.4	25	17	0.5

THREE DOUGHNUTS

3x White Chocolate Dreamcake	1215	15	150	4.8	75	62	1.4
3x Reese's Peanut Butter Kreme	1206	18	149	4.5	72	61	1.3
3x Lotus Caramelised Biscoff	1188	18	134	7.2	46	63	1.6
3x Nutty Chocolatta	1137	17	122	5.7	48	63	1.1
3x Cookie & Creme Shell	1104	15	162	8.7	96	42	1.2
3x Chocolate Dreamcake	1053	16	143	9.3	78	44	1.2
3x Strawberries & Kreme	978	15	135	7.5	66	40	1.3
3x Glazed Raspberry	972	16	130	6	60	42	1.2
3x Chocolate Custard	867	15	123	6.9	58	33	1.3
3x Chocolate Sprinkles	786	10	118	3.9	70	30	0.8
3x Chocolate Glazed	771	10	85	3.6	38	44	0.8
3x Strawberry Gloss	732	12	96	5.4	59	32	0.9
3x Chocolate Iced	711	10	104	5.7	65	27	0.8
3x Original Glazed	600	9	83	3.6	38	25	0.7