

Nutrition

	per 100g	per Doughnut
Energy	803kJ/193kcal	482kJ/116kcal
Fat	12g	7.0g
of which Saturates	3.3g	2.0g
Carbohydrate	13g	8.0g
of which Sugars	5.8g	3.5g
Protein	7.7g	4.6g
Salt	0.60g	0.36g

Ingredient Declaration

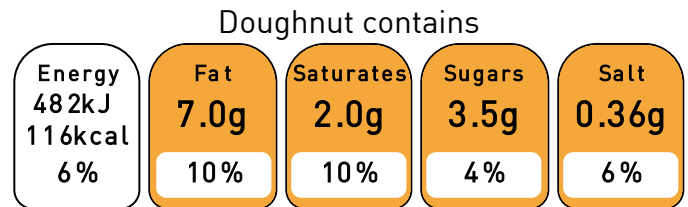
White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Semi-Skimmed **Milk, Egg**, Rapeseed Oil, Palm, Bakers Yeast, Caster Sugar, Glucose Fructose Syrup, Rapeseed, Apple, Emulsifier (E471) (E472), Salt, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Dextrose, Cornflour, Hydrogenated Vegetable Oil, Flavouring (Natural), Flour Treatment (Ascorbic Acid (E300)), Enzymes, Plum, Rhubarb, Anthocyanins (E163), Pectin (E440), Citric Acid (E330), Raspberry Flavour, Trisodium Citrate (E331iii), Emulsifier (E471), Flavouring (E160b Annatto, E100 Curcumin), Citric Acid

Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Rye !
- Contains Barley !
- Contains Oats !
- Contains Spelt !
- Contains Eggs !
- Contains Soybeans !
- Contains Milk !

Suitable for Vegetarians

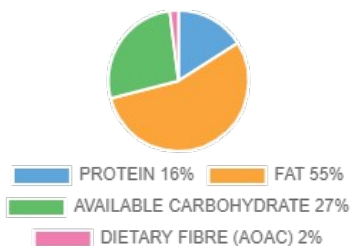
Front of Pack



of an adult's reference intake

Typical values per 100g: 803kJ/193kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	803 10%
Total Fat	g	70.0	11.7 17%
Saturates	g	20.0	3.3 16%
Carbohydrate	g	260.0	13.3 5%
Sugars	g	90.0	5.8 6%
Protein	g	50.0	7.7 15%
Salt	g	6.0	0.60 10%