



Shipley Do-Nuts Nutritional Information

*Nutritional information is based on standard product formulations, supplier provided data, published materials, industry standard software analysis and/or laboratory analysis. 2,000 calories a day is used for general nutrition advice. Products may contain wheat, soy, milk, eggs and walnuts.

	Serving Size	Total Calories (cal.)	Calories from fat (fat c.)	Total Fat (g.)	Saturated Fat (g.)	Trans fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Total carbohydrate (g.)	Dietary fiber (g.)	Sugars (g.)	Protein (g.)
Kolaches												
Shipley Bold Sausage	1 Ea.	510	280	31	13	0	46	1179	41	2	5	15
Ham & Cheese	1 Ea.	360	140	16	7	0	25	832	39	2	5	13
Sausage & Cheese	1 Ea.	440	220	25	10	0	36	903	39	2	4	12
Sausage Plain	1 Ea.	380	180	21	8	0	21	664	39	2	4	10
Sausage, Cheese & Jalapeno	1 Ea.	440	220	25	10	0	36	1161	40	2	4	12
Do-Nuts												
Do-Nut Holes												
Glazed	1 Dz.	750	450	50	25	0	0	369	67	2	23	7
Iced w/ Sprinkles	1 Dz.	960	540	60	32	0	0	375	98	2	49	7
Filled												
Apple Filled	1 Ea.	220	90	10	5	0	0	150	29	1	12	2
Bavarian Filled	1 Ea.	220	100	11	5	0	0	163	27	1	11	2
Blueberry Filled	1 Ea.	220	90	10	5	0	0	171	29	1	13	2
Cherry Filled	1 Ea.	220	90	10	5	0	0	150	29	1	12	2
Chocolate Chocolate Filled (Devil Food)	1 Ea.	380	150	17	8	0	0	180	54	1	36	3
Chocolate Cream Filled	1 Ea.	260	130	15	7	0	0	150	30	1	14	3
Chocolate Filled	1 Ea.	380	150	17	8	0	0	182	54	1	36	3
Cream Filled	1 Ea.	260	130	15	7	0	0	152	30	1	14	2
Lemon Filled	1 Ea.	230	100	11	5	0	0	176	29	1	11	2
Raspberry Filled	1 Ea.	230	90	10	5	0	0	168	31	1	13	2
Strawberry Filled	1 Ea.	220	90	10	5	0	0	166	30	1	12	2
Glazed												
Chocolate Glazed	1 Ea.	180	90	10	5	0	0	123	20	1	5	3
Plain Glazed	1 Ea.	190	90	10	5	0	0	125	20	1	5	2
Iced												
Cherry Iced	1 Ea.	190	100	11	5	0	0	125	21	1	7	2
Cherry Iced Sprinkles	1 Ea.	230	110	12	7	0	0	126	27	1	11	2
Chocolate Iced	1 Ea.	200	100	11	5	0	0	145	22	1	7	3
Chocolate Iced Nut	1 Ea.	240	140	16	6	0	0	145	23	1	7	4
Chocolate Iced Sprinkles	1 Ea.	230	110	12	7	0	0	145	27	11	11	3
Coconut Iced	1 Ea.	230	120	13	5	0	0	139	25	1	9	3
Maple Iced	1 Ea.	190	100	11	5	0	0	130	22	1	7	2
Strawberry Iced	1 Ea.	190	100	11	5	0	0	125	21	1	7	2
Strawberry Iced Sprinkles	1 Ea.	230	110	12	7	0	0	126	27	1	11	2
White Iced	1 Ea.	190	100	11	5	0	0	125	21	1	7	2
White Iced Sprinkles	1 Ea.	230	110	12	7	0	0	126	27	1	11	2
Sugar												
Sugar White	1 Ea.	190	90	10	5	0	0	120	23	1	6	2
Cinnamon Sugar	1 Ea.	200	90	10	5	0	0	120	23	1	9	2
Plain Sugar	1 Ea.	200	90	10	5	0	0	120	23	1	9	2
Assorted												
Apple Fritters	1 Ea.	360	130	15	7	0	0	322	51	2	13	6
Bear Claws	1 Ea.	320	130	15	7	0	0	287	39	2	4	6
Beignets	1 Ea.	200	90	10	5	0	0	120	23	1	9	2
Butterfly Rolls	1 Ea.	320	130	15	7	0	0	287	39	2	4	6
Cinnamon Rolls	1 Ea.	320	130	15	7	0	0	287	39	2	4	6
Cinnamon Twist	1 Ea.	340	130	15	7	0	0	288	46	2	12	6
Cream Cheese Roll	1 Ea.	310	100	18	6	0	0	320	56	2	18	6
Filled Bars	1 Ea.	410	150	17	8	0	0	377	57	2	20	6
Iced Nut Roll	1 Ea.	440	190	21	8	0	0	347	55	3	17	7
Old Fashioned Cinn. Rolls	1 Ea.	310	80	9	4	0	0	298	50	2	15	6
Cake Do-Nuts												
Blueberry												
Glazed	1 Ea.	180	80	13	6	0	0	212	22	0	11	2
Plain	1 Ea.	160	80	13	6	0	0	207	18	0	7	2
Buttermilk												
Glazed	1 Ea.	180	80	9	4	0	0	226	23	0	11	2
Plain	1 Ea.	160	80	9	4	0	0	221	19	0	7	2
Cake												
Chery Iced	1 Ea.	190	80	9	5	0	0	227	24	1	13	2
Chocolate Iced	1 Ea.	190	90	9	5	0	0	246	25	1	13	2
Cinnamon Sugar	1 Ea.	190	80	9	4	0	0	221	26	1	14	2
Glazed	1 Ea.	180	80	9	4	0	0	226	23	1	11	2
Granulated Sugar	1 Ea.	190	80	9	4	0	0	221	26	1	15	2
Iced Coconut	1 Ea.	200	90	10	5	0	0	232	26	1	13	2
Iced Nut	1 Ea.	210	100	11	5	0	0	246	25	1	13	3
Maple Iced	1 Ea.	190	80	9	5	0	0	231	24	1	13	2
Plain	1 Ea.	160	80	9	4	0	0	221	19	1	7	2
Powdered Sugar	1 Ea.	220	80	9	4	0	0	221	33	1	22	2
Strawberry Iced	1 Ea.	190	80	9	5	0	0	227	24	1	13	2
White Iced	1 Ea.	190	80	9	5	0	0	227	24	1	13	2



Shibley Do-Nuts Nutritional Information

	Serving Size	Total Calories (cal.)	Calories from fat (fat cal.)	Total Fat (g.)	Saturated Fat (g.)	Trans fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Total carbohydrate (g.)	Dietary fiber (g.)	Sugars (g.)	Protein (g.)
Drinks												
Coffee - Regular												
Medium	12Oz	0	0	0	0	0	0	0	1	0	1	0
Large	16Oz	0	0	0	0	0	0	0	1	0	1	0
Cold Brew Bold Black												
Medium	16Oz	7.5	0	0	0	0	0	0	1	0	0	0
Large	20Oz	11.25	0	0	0	0	0	0	2	0	0	0
Cold Brew Salted Carmel												
Medium	16Oz	120	6	1.5	1	0	7.5	82.5	22.5	0	21	5.25
Large	20Oz	180	9.0	2.3	1.5	0.0	11.3	123.8	33.8	0.0	31.5	7.9
Hot Chocolate												
8 Fl. Oz.	8Oz	73	10	1	1	0	0	80	16	1	14	1
12 Fl. Oz.	12Oz	110	15	2	2	0	0	120	24	1	21	2
16 Fl. Oz.	16Oz	147	20	3	2	0	0	160	32	1	28	3
32 Fl. Oz.	32Oz	293	40	5	4	0	0	320	64	3	56	5
Juice												
Borden - Orange Juice	16Oz	110	0	0	0	0	0	0	27	0	27	2
Minute Maid - Orange Juice	10Oz	140	0	0	0	0	0	25	35	0	32	0
Minute Maid - Apple Juice	10Oz	140	0	0	0	0	0	25	35	0	32	0
Minute Maid - Mixed Berry	10Oz	150	0	0	0	0	0	25	36	0	34	0
Milk												
Vitamin D Milk	16Oz	150	70	8	5	0	35	125	12	0	12	8
Dutch Chocolate Milk	16Oz	210	70	8	5	0	30	210	27	0	25	8
Strawberry Mix	16Oz	240	80	8	5	0	30	95	34	0	34	8
Smoothie												
Mango	16Oz	450	139	15	13	0	15	210	71	0	60	6
Strawberry & Banana	16Oz	450	156.9	17	14.8	0	15.3	221.6	69.3	0	59.7	6.8
Cookies & Cream	16Oz	470	187	21	19	0	15	182	31	0	27	7
Mocha	16Oz	460	179.9	21	16.8	0	15.3	271.6	57.3	2	47.7	6.8