

Bakery Nutrition Facts

Donuts	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Yeast Raised Rings	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chocolate Iced Coconut Ring	1 each (92g)	350	16	21	8	40	0	0	0	340	15	47	17	2	7	19	4	8	5	0	2	10	2
Chocolate Iced Peanut Butter Ring	1 each (90g)	340	16	21	6	30	0	0	0	360	16	44	16	1	4	17	2	4	6	0	2	10	2
Chocolate Iced Ring	1 each (83g)	310	13	17	6	30	0	0	0	330	14	42	15	1	4	16	2	4	5	0	2	10	2
Chocolate Iced Ring w/ Sprinkles	1 each (87g)	320	14	18	6	30	0	0	0	330	14	45	16	1	4	19	4	8	5	0	2	10	2
Chocolate Iced Ring w/ White Drizzle	1 each (85g)	310	14	18	6	30	0	0	0	330	14	43	16	1	4	18	3	6	5	0	2	10	2
Cinnamon Sugar Ring	1 each (114g)	280	13	17	6	30	0	0	0	320	14	33	12	1	4	9	9	18	5	0	2	10	2
Glazed Ring	1 each (78g)	290	13	17	6	30	0	0	0	320	14	38	14	1	4	13	13	26	5	0	2	10	2
Glazed Ring w/ Sprinkles	1 each (81g)	310	14	18	6	30	0	0	0	320	14	40	15	1	4	15	15	30	5	0	2	10	2
Maple Iced Ring	1 each (84g)	310	14	18	6	30	0	0	0	320	14	43	16	1	4	17	17	34	5	0	2	10	2
Strawberry Frosted Ring w/ Sprinkles	1 each (87g)	330	14	18	6	30	0	0	0	330	14	45	16	1	4	20	19	38	5	0	2	10	2
Sugared Ring	1 each (70g)	270	14	18	6	30	0	0	0	320	14	32	12	1	4	8	8	16	5	0	2	10	2
White Iced Coconut Ring	1 each (57g)	210	8	10	4.5	23	0	0	0	160	7	32	12	2	7	19	19	38	2	0	2	6	2
White Iced Ring	1 each (83g)	310	14	18	6	30	0	0	0	320	14	42	15	1	4	18	17	34	5	0	2	10	2
White Iced Ring w/ Chocolate Drizzle	1 each (85g)	320	14	18	6	30	0	0	0	320	14	43	16	1	4	19	17	34	5	0	2	10	2
White Iced Ring w/ Sprinkles	1 each (87g)	330	14	18	6	30	0	0	0	320	14	45	16	1	4	20	19	38	5	0	2	10	2
Filled Shells	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buttercreme Filled	1 each (128g)	520	25	32	10	50	0	5	2	420	18	66	24	1	4	34	18	36	6	0	2	10	2
Buttercreme Topped Bismark	1 each (122g)	500	25	32	10	50	0	5	2	420	18	62	23	1	4	30	13	26	6	0	2	10	2
Chocolate Cream Filled Shell	1 each (122g)	490	26	33	10	50	0	0	0	420	18	60	22	2	7	27	11	22	6	0	4	15	4

Have questions or comments? Call Wegmans Consumer Care Center:
 1-800-WEGMANS (934-6267)
 Monday - Friday 8 AM – 7 PM ET
 Saturday & Sunday 8 AM – 5 PM ET

Donuts	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Chocolate Iced Buttercreme Filled Bismark w/ Sprinkles	1 each (126g)	520	26	33	11	55	0	5	2	410	18	65	24	1	4	33	16	32	6	0	2	10	2
Chocolate Iced Custard Filled w/ Sprinkles Bismark	1 each (109g)	420	18	23	8	40	0	0	0	440	19	59	21	1	4	26	10	20	6	0	2	10	2
Chocolate Iced Raz Filled Bismark	1 each (122g)	420	17	22	7	35	0	0	0	420	18	63	23	2	7	30	14	28	6	0	4	15	2
Custard Crème Filled	1 each (122g)	400	17	22	7	35	0	0	0	440	19	56	20	1	4	23	6	12	6	0	2	10	2
Glazed Apple Filled	1 each (116g)	390	16	21	7	35	0	0	0	410	18	55	20	1	4	23	21	42	6	0	4	10	2
Glazed Cherry Filled	1 each (116g)	380	16	21	7	35	0	0	0	410	18	53	19	1	4	22	21	42	6	0	2	10	2
Glazed Lemon Filled	1 each (116g)	390	17	22	7	35	0	0	0	410	18	53	19	1	4	22	21	42	6	0	2	10	2
Glazed Raspberry Filled	1 each (116g)	410	16	21	7	35	0	0	0	410	18	59	21	2	7	27	26	52	6	0	2	10	2
Glazed Strawberry Filled	1 each (116g)	390	16	21	7	35	0	0	0	410	18	54	20	1	4	23	22	44	6	0	2	10	2
Sugared Apple Filled	1 each (108g)	370	17	22	7	35	0	0	0	410	18	49	18	1	4	16	14	28	6	0	4	10	2
Sugared Buttercreme Filled Bismark	1 each (108g)	460	26	33	11	55	0	5	2	410	18	51	19	1	4	21	20	40	6	0	2	10	2
Sugared Cherry Filled	1 each (108g)	370	17	22	7	35	0	0	0	410	18	47	17	1	4	16	14	28	6	0	2	10	2
Sugared Lemon Filled	1 each (108g)	370	17	22	7	35	0	0	0	410	18	47	17	1	4	16	15	30	6	0	2	10	2
Sugared Raspberry Filled	1 each (108g)	390	17	22	7	35	0	0	0	410	18	53	19	2	7	21	20	40	6	0	2	10	2
Sugared Strawberry Filled	1 each (108g)	370	17	22	7	35	0	0	0	410	18	48	17	1	4	16	15	30	6	0	2	10	2
White Iced Raz Filled Bismark	1 each (121g)	430	17	22	7	35	0	0	0	410	18	63	23	2	7	31	30	60	6	0	2	10	2
White Iced Raz Filled w/ Sprinkles Donut	1 each (125g)	440	18	23	8	40	0	0	0	410	18	66	24	2	7	34	33	66	6	0	2	10	2
Frycakes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chocolate Glazed Frycake	1 each (113g)	440	22	28	10	50	0	10	3	470	20	58	21	2	7	33	33	66	5	6	2	10	4
Chocolate Glazed Frycake w/ Sprinkles	1 each (116g)	450	22	28	10	50	0	10	3	480	21	60	22	2	7	35	35	70	5	6	2	10	4

Donuts	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Chocolate Iced Chocolate Frycake	1 each (108g)	430	22	28	10	50	0	10	3	480	21	53	19	2	7	27	12	24	5	6	2	15	6
Chocolate Iced Chocolate Frycake w/ Drizzle	1 each (113g)	440	22	28	10	50	0	10	3	480	21	58	21	2	7	32	16	32	5	6	2	15	6
Chocolate Iced Chocolate Frycake w/ Sprinkles	1 each (111g)	440	22	28	10	50	0	10	3	480	21	56	20	2	7	30	14	28	5	6	2	15	6
Chocolate Iced Frycake	1 each (108g)	420	22	28	10	50	0	15	5	510	22	53	19	2	7	28	11	22	5	0	2	10	4
Chocolate Iced Frycake w/ Sprinkles	1 each (111g)	440	22	28	10	50	0	15	5	510	22	56	20	2	7	31	13	26	5	0	2	10	4
Chocolate Iced Plain Frycake w/ Drizzle	1 each (113g)	440	21	27	10	50	0	15	5	510	22	58	21	2	7	33	16	32	5	0	2	10	4
Cinnamon Streusel Frycake	1 each (156g)	650	31	40	15	75	0	15	5	510	22	86	31	3	11	51	49	98	7	0	4	10	4
Coconut Chocolate Frycake	1 each (142g)	570	29	37	17	85	0	10	3	520	23	73	27	6	21	42	41	82	6	6	2	15	6
Coconut Plain Frycake	1 each (142g)	570	28	36	16	80	0	15	5	550	24	73	27	5	18	43	41	82	6	0	2	10	6
Maple Glazed Plain Frycake	1 each (108g)	430	21	27	10	50	0	15	5	500	22	54	20	2	7	30	28	56	5	0	2	10	2
Peanut Chocolate Frycake	1 each (142g)	610	36	46	12	60	0	10	3	480	21	64	23	5	18	34	33	66	12	6	4	15	8
Peanut Plain Frycake	1 each (142g)	610	35	45	12	60	0	15	5	510	22	64	23	4	14	35	33	66	12	0	4	10	6
Plain Chocolate Frycake	1 each (85g)	350	22	28	10	50	0	10	3	470	20	35	13	2	7	11	11	22	5	6	2	10	4
Plain Cinnamon Sugar Frycake	1 each (94g)	390	21	27	10	50	0	15	5	510	22	44	16	2	7	21	20	40	5	0	2	10	2
Plain Frycake	1 each (85g)	350	21	27	10	50	0	15	5	500	22	35	13	2	7	12	11	22	5	0	2	10	2
Plain Glazed Frycake	1 each (113g)	440	21	27	10	50	0	15	5	500	22	58	21	2	7	34	33	66	5	0	2	10	2
Plain Glazed Frycake w/ Sprinkles	1 each (116g)	450	22	28	10	50	0	15	5	500	22	60	22	2	7	36	35	70	5	0	2	10	2
Sugared Chocolate Frycake	1 each (91g)	380	22	28	10	50	0	10	3	480	21	41	15	2	7	17	17	34	5	6	2	10	4
Sugared Chocolate Frycake	1 each (91g)	380	22	28	10	50	0	10	3	480	21	41	15	2	7	17	17	34	5	6	2	10	4
Sugared Plain Frycake	1 each (94g)	390	22	28	10	50	0	15	5	510	22	43	16	2	7	19	18	36	5	0	2	10	2

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White Iced Chocolate Frycake	1 each (108g)	430	22	28	10	50	0	10	3	470	20	54	20	2	7	29	29	58	5	6	2	10	4
White Iced Chocolate Frycake w/ Drizzle	1 each (113g)	440	22	28	10	50	0	10	3	470	20	58	21	2	7	33	29	58	5	6	2	10	4
White Iced Chocolate Frycake w/ Sprinkles	1 each (111g)	440	22	28	11	55	0	10	3	480	21	56	20	2	7	31	31	62	5	6	2	10	4
White Iced Frycake	1 each (108g)	430	22	28	10	50	0	15	5	500	22	54	20	2	7	30	29	58	5	0	2	10	2
White Iced Frycake w/ Sprinkles	1 each (111g)	440	22	28	10	50	0	15	5	500	22	56	20	2	7	32	31	62	5	0	2	10	2
White Iced Plain Frycake w/ Drizzle	1 each (113g)	450	22	28	10	50	0	15	5	510	22	58	21	2	7	34	29	58	5	0	2	10	4
Sour Cream Frycakes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Glazed Sour Cream Donut	1 each (113g)	440	21	27	10	50	0	15	5	530	23	59	21	1	4	35	34	68	5	0	2	10	2
Glazed Sour Cream w/ Sprinkles Donut	1 each (116g)	460	21	27	10	50	0	15	5	530	23	62	23	1	4	37	36	72	5	0	2	10	2
Plain Sour Cream Donut	1 each (85g)	360	21	27	10	50	0	15	5	530	23	37	13	1	4	13	12	24	5	0	2	10	2
Sugared Sour Cream Donut	1 each (94g)	390	21	27	10	50	0	15	5	530	23	45	16	1	4	19	19	38	5	0	2	10	2
Specialty & Seasonal	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Apple Cider Frycake	1 each (85g)	350	20	26	10	50	0	15	5	520	23	37	13	2	7	13	12	24	5	0	2	10	2
Apple Cider Glazed Frycake	1 each (113g)	440	20	26	10	50	0	15	5	520	23	59	21	2	7	35	34	68	5	0	2	10	2
Chocolate Iced Cinnamon Swirl	1 each (90g)	330	14	18	7	35	0	0	0	250	11	47	17	1	4	22	3	6	4	0	4	10	2
Chocolate Iced Cinnamon Swirl w/ Sprinkles	1 each (94g)	350	15	19	8	40	0	0	0	250	11	50	18	1	4	25	7	14	4	0	4	10	2
Cinnamon Apple Fritter	1 each (107g)	460	26	33	12	60	0	0	0	450	20	49	18	2	7	16	14	28	6	0	4	10	2
Cinnamon Sugared Apple Cider Frycake	1 each (94g)	390	20	26	10	50	0	15	5	520	23	46	17	2	7	22	21	42	5	0	2	10	2
Cinnamon Sugared Pumpkin Frycake	1 each (94g)	380	21	27	10	50	0	15	5	490	21	44	16	2	7	21	19	38	5	0	2	10	2
Cinnamon Sugar Fastnacht	1 each (79g)	290	10	13	5	25	0	0	0	310	13	37	13	1	4	12	12	24	5	0	2	10	2

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Fastnacht w/ Donut Sugar	1 each (76g)	270	11	14	5	25	0	0	0	310	13	33	12	1	4	7	7	14	5	0	2	10	2
Fastnacht w/ Donut Glaze	1 each (87g)	300	11	14	5	25	0	0	0	310	13	41	15	1	4	15	15	30	5	0	2	10	2
Glazed Apple Fritter	1 each (127g)	510	26	33	12	60	0	0	0	460	20	63	23	2	7	30	27	54	6	0	4	10	2
Glazed Cinnamon Swirl	1 each (82g)	300	14	18	7	35	0	0	0	240	10	41	15	1	4	18	17	34	4	0	4	10	2
Glazed Cinnamon Swirl w/ Sprinkles	1 each (86g)	320	15	19	8	40	0	0	0	240	10	44	16	1	4	21	20	40	4	0	4	10	2
Maple Iced Cinnamon Swirl	1 each (85g)	320	14	18	7	35	0	0	0	240	10	44	16	1	4	20	19	38	4	0	4	10	2
Paczki, Assorted Fillings & Glaze, or Sugar, 1 paczki	1 each (137g)	410	16	21	8	40	0	10	3	420	18	59	21	3	11	25	24	48	5	0	2	10	2
Pumpkin Frycake	1 each (85g)	350	21	27	10	50	0	15	5	490	21	35	13	2	7	12	11	22	5	0	2	10	2
Pumpkin Glazed Frycake	1 each (113g)	430	21	27	10	50	0	10	3	490	21	57	21	2	7	34	32	64	5	0	2	10	2
Sugared Apple Cider Frycake	1 each (94g)	390	21	27	10	50	0	15	5	520	23	45	16	2	7	19	18	36	5	0	2	10	2
Sugared Pumpkin Frycake	1 each (94g)	380	22	28	10	50	0	15	5	490	21	43	16	2	7	19	17	34	5	0	2	10	2
White Iced Cinnamon Swirl	1 each (85g)	320	14	18	7	35	0	0	0	240	10	43	16	1	4	20	20	40	4	0	4	10	2
White Iced Cinnamon Swirl w/ Sprinkles	1 each (90g)	340	15	19	8	40	0	0	0	240	10	47	17	1	4	24	23	46	4	0	4	10	2
Novelty Donuts	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chocolate Iced Coconut Crème Pie	1 each (129g)	430	19	24	9	45	0	0	0	450	20	60	22	2	7	25	9	18	6	0	2	15	4
Chocolate Iced Strawberry Filled	1 each (127g)	490	24	31	10	50	0	5	2	420	18	63	23	1	4	31	14	28	6	0	2	15	2
Peanut Butter and Jelly	1 each (115g)	440	24	31	8	40	0	0	0	480	21	50	18	3	11	16	15	30	9	0	4	10	4
Snickerdoodle	1 each (103g)	440	25	32	10	50	0	5	2	410	18	47	17	2	7	17	16	32	6	0	4	10	2
Turtle Ring	1 each (98g)	380	18	23	6	30	0	0	0	350	15	49	18	2	7	21	2	4	5	0	4	10	2
White Iced Coconut Crème Pie	1 each (128g)	440	19	24	9	45	0	0	0	440	19	59	21	2	7	26	25	50	6	0	2	10	2

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Apple Pie Bismark	1 each (159g)	590	24	31	11	55	0	0	0	350	15	87	32	3	11	48	46	92	7	0	4	10	2
Caramel Apple Donut	1 each (116g)	400	19	24	8	40	0	0	0	410	18	52	19	2	7	20	18	36	6	0	4	10	2
Chocolate Carnival Frycake	1 each (135g)	530	22	28	12	60	0	0	0	400	17	78	28	1	4	46	45	90	6	0	2	10	2
Chocolate Peanut Butter Surprise Donut	1 each (126g)	560	36	46	13	65	0	5	2	470	20	54	20	3	11	21	17	34	9	0	4	15	6
Chocolate Porcupine Frycake	1 each (149g)	560	24	31	11	55	0	0	0	410	18	85	31	3	11	49	18	36	7	0	4	30	6
Churro Donut	1 each (106g)	430	25	32	12	60	0	15	5	460	20	46	17	1	4	16	13	26	6	0	4	10	2
Maple French Toast Donut	1 each (119g)	490	26	33	11	55	0	5	2	410	18	59	21	2	7	28	27	54	6	0	4	10	2
Peach Cobbler Donut	1 each (119g)	470	23	29	9	45	1	0	0	420	18	60	22	1	4	24	16	32	6	0	2	10	2
Plain Carnival Frycake	1 each (135g)	530	22	28	12	60	0	0	0	400	17	78	28	1	4	46	45	90	6	0	2	10	2
Plain Porcupine Frycake	1 each (149g)	560	24	31	11	55	0	0	0	410	18	85	31	3	11	49	18	36	7	0	4	30	6
Salted Caramel Mocha Donut	1 each (121g)	490	24	31	10	50	0	10	3	420	18	64	23	1	4	35	12	24	5	0	4	10	2
Salted Caramel Peanut Donut	1 each (84g)	330	17	22	7	35	0	0	0	370	16	38	14	1	4	13	11	22	6	0	2	10	2
Sticky Bun Donut	1 each (103g)	440	25	32	8	40	0	10	3	290	13	49	18	2	7	25	18	36	6	0	4	10	2
Strawberry Shortcake Donut	1 each (124g)	500	25	32	9	45	1.5	5	2	440	19	62	23	1	4	25	20	40	6	0	4	10	2
White Forest Donut	1 each (115g)	430	22	28	10	50	0	10	3	450	20	52	19	2	7	21	19	38	6	10	4	10	2
Zebra Ring w/ Pretzels & Salted Caramel	1 each (90g)	350	16	21	8	40	0	0	0	360	16	46	17	1	4	17	5	10	5	0	2	10	2