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## Krispy kreme doughnut nutrition facts

There are 190 calories in a Original Glazed Doughnut from Krispy Kreme. Most of those calories come from fat (50%) and carbohydrates (44%). We are working on getting the allergen information for this item. We are working on getting the ingredients for this item. NUTRITION DATA'S OPINION Nutrition Data awards foods 0 to 5 stars in each of three categories, based on their nutrient density (ND Rating) and their satiating effect (Fullness Factor™). Foods that are both nutritious and filling are considered better choices for weight loss. Foods that are nutritious without being filling are considered better choices for healthy weight gain. Foods that have more essential nutrients per calorie are considered better choices for optimum health.Nutrition Data also indicates whether a food is particularly high or low in various nutrients, according to the dietary recommendations of the FDA.Read more about Nutrition Data's opinion Our apologies, unfortunately our website is currently unavailable in most European countries due to GDPR rules.

Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Written by Anne Danahy, MS, RDN on November 13, 2020 — Medically reviewed by Kathy W. Warwick, R.D., CDE

CaloriesNutritionRecommendationBottom lineWe include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process.A basic glazed doughnut and good cup of coffee is a classic combination favored by many.Without all of the frosting, fillings, and sprinkles of some other types of pastries, a simple glazed doughnut may seem like a lighter, less unhealthy choice when you want a quick breakfast or sweet treat. However, there's a great deal of variation among different brands, and some come with a higher calorie count than others.This article examines the calories in various brands of glazed doughnuts and whether they're a decent choice.Share on PinterestMarti Sans/Stocksy UnitedNot all glazed doughnuts are created equal. Yeast doughnuts are made from a yeast dough that rises, so they're taller and fluffier than other types. Cake doughnuts use baking powder as a leavening agent and have a denser texture. Meanwhile, old fashioned doughnuts have a cake-like texture that's often bumpy and crispy on the outside. They're made with sour cream or buttermilk. Their different ingredients and production methods affect their calorie counts somewhat. Here are the calorie counts of some popular brands of glazed doughnuts (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12):Generic plain glazed: 269 caloriesGeneric chocolate glazed: 312 caloriesGeneric maple-glazed: 190 caloriesDunkin Donuts Plain Glazed: 240 caloriesDunkin Donuts Chocolate Glazed: 360 calories Krispy Kreme Original Glazed: 190 caloriesPublix Plain Glazed: 340 calories Safeway Plain Glazed: 250 caloriesShipley Do-Nuts Plain Glazed: 190 caloriesTarget Plain Glazed: 140 caloriesTim Hortons Honey Dip: 190 caloriesGeneric cake glazed: 192 caloriesGeneric sour cream/old fashioned glazed: 234 caloriesStarbucks Old Fashioned Glazed: 480 calories Generic cake glazed doughnut holes (1 piece): 60 caloriesGeneric yeast glazed doughnut holes (1 piece): 55 caloriesAmong the full-size doughnuts, Starbucks' Old Fashioned glazed doughnut is highest in calories, but it's also fairly large at 113 grams. Most of the others weigh 50–70 grams.If you want a doughnut that doesn't break your calorie bank, choose one or two small doughnut holes.SUMMARYCake, yeast, or old fashioned glazed doughnuts are each made differently and vary somewhat in their calories counts. If you want a lower calorie glazed doughnut, choose one that's on the smaller side. Whether they're cake, yeast, or old fashioned style, glazed doughnuts are made with mostly the same ingredients:floursugaryeast or baking powdereggs milk, buttermilk, or sour creambutter or shorteningAfter the batter is made, the doughnuts are shaped and fried in oil.The average medium-size (64-gram) glazed doughnut contains (1):Calories: 269Protein: 4 gramsFat: 15 gramsCarbs: 31 gramsSugar: 15 gramsFolate: 65 mcg, or 16% of the Daily Value (DV)Thiamine: 0.2mg, or 12% of the DVIron: 2.2mg, or 12% of the DVIf they're made with enriched flour, doughnuts provide small amounts of folic acid, thiamine, and iron. Yet, overall, they're not considered a good source of healthy nutrients (1).Instead, they're high in sugar, refined carbs, and fat. What's more, they fall into the category of ultra-processed foods (13).Ultra-processed foods are defined as foods with many ingredients. They commonly include high amounts of salt, sugar, fats, starches, and other ingredients that aren't available at retail outlets (13). Ultra-processed foods are tasty and easy to eat in large amounts, but they're very low in nutrients (13).SUMMARYGlazed doughnuts have a fair amount of sugar, starch, and fat but are low in beneficial nutrients. They're considered a non-nutritious, ultra-processed food.Compared with doughnuts filled with jelly or custard, glazed doughnuts may be a healthier choice. Still, they're far from a healthy breakfast or snack and should only be enjoyed in moderation. The United States Department of Agriculture's (USDA's) Dietary Guidelines recommend limiting sugar to no more than 10% of your total daily calories. For someone who eats a 2,000-calorie diet, that's fewer than 200 calories or less than 50 grams of sugar per day (14).If you down a few doughnuts with your sugar-sweetened coffee, you could easily hit that goal with breakfast.Additionally, reaching for processed foods like doughnuts frequently is linked to weight gain and an increased risk of heart disease and diabetes (15).It's fine to enjoy a glazed doughnut every once in a while, but for your health, it's best not to make it a habit.SUMMARYGlazed doughnuts are not healthy, although you can certainly enjoy one every now and again. Eating too many of them may lead to weight gain and increase your risk of diabetes and heart disease over time.Glazed doughnuts are a tasty treat but not something you should eat every day.On average, 1 medium size doughnut provides 190-300 calories, although some are significantly higher in calories, depending on the size and ingredients used.Eating too many foods that are high in sugar, starch, and fat may cause health problems, such as overweight, diabetes, and heart disease, down the road. A such, it's best to only enjoy glazed doughnuts in moderation. Last medically reviewed on November 13, 2020 Printed from Select portion size: Nutrition Facts Portion Size64 g Amount Per Portion280 Calories % Daily Value \* Total Fat 13g 17 % Saturated Fat 5g 25 % Sodium 390mg 17 % Total Carbohydrate 38g 14 % Dietary Fiber 2g 7 % Sugar 14g Protein 4g 8 % Vitamin D mcg N/A Calcium 190.08mg 15 % Iron 2.40mg 13 % Potassium 150mg 3 % \* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice. Share by URL Download spreadsheet (CSV) Proteins and AminoacidsNutrientAmount DVProtein4.00 g8 % IngredientsEnriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)Palm oilWaterSugarSoybean oilContains 2% or less of: cocoa (processed with alkali)Nonfat dry milkSoy flourLeavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate)DextroseCorn syrup solidsWheat starchSaltSoy lecithinMono-and diglyceridesXanthan gumPotassium sorbateNatural and artificial flavorsCellulose gumGuar gumWhole eggCornstarchCalcium carbonateCalcium sulfateVegetable gum (agar, locust bean gum)Sodium phosphateMaltodextrinLecithinRice starchPropylene glycolCorn syrupPolysorbate 80Ethyl alcoholGlycerinCarmel color Glazed chocolate doughnut holes, glazed chocolate by Krispy Kreme Doughnut Corporation contains 280 calories per 64 g serving. One serving contains 13 g of fat, 4 g of protein and 38 g of carbohydrate. The latter is 14 g sugar and 2 g of dietary fiber, the rest is complex carbohydrate. Glazed chocolate doughnut holes, glazed chocolate by Krispy Kreme Doughnut Corporation contains 5 g of saturated fat and mg of cholesterol per serving. 64 g of Glazed chocolate doughnut holes, glazed chocolate by Krispy Kreme Doughnut Corporation contains IU vitamin A, mcg of vitamin C and mcg of vitamin D as well as 2.40 mg of iron, 190.08 mg of calcium and 150 mg of potassium. Glazed chocolate doughnut holes, glazed chocolate by Krispy Kreme Doughnut Corporation belong to 'Cakes, Cupcakes, Snack Cakes' food category. The UPC for this product is 072470001160. Please let us know if you have any suggestions on how to make this website better. Glazed chocolate doughnut holes, glazed chocolate by Krispy Kreme Doughnut Corporation nutrition facts and analysis. Daily values are based on 2000 calorie diet and 155 lbs body weight (change). Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. This page may contain affiliate links to products through which we earn commission used to support this website development and operations. Data from USDA National Nutrient Database. Contribute to this site | Contact webmaster

NutritionValue.Org - Nutrition facts exposed Terms and Conditions | Privacy Policy Copyright 2021 NutritionValue.org All rights reserved Celebrate National Donut Day without blowing your diet! We found the lowest-calorie doughnut at Krispy Kreme, Dunkin' Donuts, and more. 190 CaloriesNot a fan of glazed? Krispy Kreme's Doughnut and Traditional Cake Doughnut also have 190 calories, making them the best choice on the menu. Just remember: in the case of doughnuts, "best" means "least destructive." Everything in moderation, right? Advertisement Advertisement 170 CaloriesThe only thing on the menu with fewer calories is a plain, mini white cake donut with just 100 calories. But if you're going to indulge in a donut, does the mini version truly count? We'll let you make the call. 200 CaloriesBelieve it or not, you're better off ordering two of these cocoa donuts than one reduced-fat blueberry muffin, which delivers a whopping 410 calories. But of course we don't recommend doubling up! Advertisement 300+ CaloriesSince 2003, Voodoo Doughnuts has been making some of the most creative doughnuts in the country, making it nearly impossible to provide accurate calorie counts. A representative from Portland's top doughnut shop told Shape.com that all of Voodoo's doughnuts start at 300 calories and increase according to topping selection—which includes everything from bacon and cereal to peanuts and pretzels. 340 CaloriesThe hand-forged gourmet doughnuts from this unique Seattle shop just might be worth the calories. And Top Pot earns bonus points for completely eliminating harmful trans fat from their more 40 doughnut recipes. Calories UnknownSublime Doughnuts owner and chef Kamal Grant has high standards for his his world-class creations. "We want it to be the best doughnut you've ever had in your life," he says. "We are trying to go for someone's last meal on death row." Unfortunately (or fortunately, depending how you look at it), Sublime doesn't offer nutrition info, but a representative from the Atlanta, Georgia shop told Shape.com that they're confident the Honey Glazed Bowtie or Deluxe Cinnamon Twist has the least amount of calories. Advertisement Advertisement Calories UnknownStan's Corner Doughnut Shop of Westwood, California doesn't offer calorie counts (notice a theme?) but they estimate that their Plain Cake Donut is the lowest-calorie option. And after looking through the shop's 75+ donut varieties on their website—from the Chocolate Cheese Danish to the Reese's Peanut Butter Pocket with Fresh Banana—we think that's a very good guess. About 360 CaloriesYou don't need to live in Los Angeles to be familiar with Randy's Big Donut Drive In. The shop has appeared in numerous music videos and films, including Mars Attacks!, Coming to America, and Problem Child 2. Like most local joints on our list, Randy's doesn't offer nutrition info, but a representative of the shop told Shape.com that he "estimates a plain glazed donut to be about 360 calories."





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