

KFC® Continued

Serving

Calories

Total fat (gm)

Saturated fat (gm)

Trans fats (gm)

Cholesterol (mg)

Sodium (mg)

Dietary fiber (gm)

Desserts

Lil' Bucket Fudge Brownie	1 item	270	9	4	1	30	170	1
Lil' Bucket Lemon Crème	1 item	400	14	7	2	5	210	2
Lil' Bucket Chocolate Crème	1 item	270	13	8	1	0	180	2
Lil' Bucket Strawberry Shortcake	1 item	200	6	4	0	20	110	0
Double Chocolate Chip Cake	1 item	400	29	5	NA	45	230	2
Apple Pie	1 item	290	11	3	3	0	230	2
Pecan Pie	1 item	480	21	5	1	40	360	2
Lemon Meringue Pie	1 item	240	9	3	2	0	230	1
Sweet Potato Pie	1 item	340	16	4	3	5	210	1

Krispy Kreme®

Doughnuts

Original Glazed	52 g	200	12	3	NA	5	95	1
Chocolate Iced Glazed	66 g	250	12	3	NA	5	100	1
Chocolate Iced w/ sprinkles	71 g	260	12	3	NA	5	100	1
Chocolate Iced Kreme Filled	86 g	350	20	5	NA	5	140	1
Chocolate Iced Custard Filled	86 g	300	17	4	NA	5	140	1
Glazed Lemon Filled	85 g	290	16	4	NA	5	135	1
Glazed Raspberry Filled	85 g	300	16	4	NA	5	125	1
Glazed Cruller	54 g	240	14	4	NA	15	240	1
Cinnamon Apple Filled	81 g	290	16	4	NA	5	150	1
New York Cheesecake	90 g	320	19	5	NA	10	190	1
Caramel Kreme Crunch	92 g	350	19	5	NA	5	170	1
Key Lime Pie	92 g	320	17	5	NA	5	1050	1
Glazed Chocolate Cake	81 g	300	15	4	NA	5	310	2
Traditional Cake	57 g	230	13	3	NA	20	320	1
Glazed Kreme Filled	86 g	340	20	5	NA	5	140	1
Glazed Blueberry	80 g	330	17	4	NA	20	290	1
Glazed Cinnamon	54 g	210	12	3	NA	5	100	1
Cinnamon Bun	67 g	260	16	4	NA	5	125	1
Cinnamon Twist	59 g	230	9	3	NA	5	85	1
Maple Iced Glaze	66 g	240	12	3	NA	5	100	1
Glazed Sour Cream	80 g	340	18	5	NA	20	310	1
Sugar	49 g	200	12	3	NA	5	95	0
Powdered Blueberry Filled	81 g	290	16	4	NA	5	140	1
Powdered Strawberry Filled	81 g	290	16	4	NA	5	135	1
Powdered Cake	71 g	280	14	3	NA	20	320	1
Chocolate Iced Cake	71 g	270	14	3	NA	20	320	1

Krispy Kreme® Continued

Doughnuts Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gm)	Cholesterol (mg)	Sodium (mg)	Dietary fiber (gm)
Chocolate Glazed Cruller	69 g	290	15	4	NA	15	240	1
Dulce De Leche	75 g	290	18	5	NA	5	160	1
Apple Fritter	108 g	400	24	6	NA	10	135	2

Doughnut Holes

Original Glazed Doughnut Holes	5 items	200	17	3	NA	5	95	1
Glazed Blueberry Doughnut Holes	4 items	220	19	3	NA	20	270	1
Glazed Cake Doughnut Holes	4 items	210	16	3	NA	15	230	1
Glazed Chocolate Cake Doughnut Holes	4 items	210	16	3	NA	15	230	1

Frozen Blends (does not include whipped cream topping)

Frozen Raspberry Blend	12 oz.	430	13	10	NA	25	160	0
Frozen Raspberry Blend	16 oz.	590	19	15	NA	35	230	0
Frozen Raspberry Blend	20 oz.	710	22	17	NA	35	270	0
Frozen Original Kreme Blend	12 oz.	440	15	12	NA	25	200	0
Frozen Original Kreme Blend	16 oz.	600	21	17	NA	35	270	0
Frozen Original Kreme Blend	20 oz.	730	24	20	NA	35	330	0
Frozen Original Kreme w/ coffee blend	12 oz.	440	15	12	NA	25	210	0
Frozen Original Kreme w/ coffee blend	16 oz.	600	21	17	NA	35	280	0
Frozen Original Kreme w/ coffee blend	20 oz.	730	24	20	NA	35	340	0
Frozen Latte Blend	12 oz.	440	16	13	NA	25	210	0
Frozen Latte Blend	16 oz.	610	22	18	NA	35	280	0
Frozen Latte Blend	20 oz.	740	26	21	NA	35	340	0
Frozen Double Chocolate Blend	12 oz.	440	16	11	NA	25	210	0
Frozen Double Chocolate Blend	16 oz.	610	22	16	NA	35	280	0
Frozen Double Chocolate Blend	20 oz.	740	26	18	NA	35	340	0
Frozen Double Chocolate w/ coffee blend	12 oz.	440	16	10	NA	25	210	0
Frozen Double Chocolate w/ coffee blend	16 oz.	600	22	15	NA	35	280	0
Frozen Double Chocolate w/ coffee blend	20 oz.	730	26	17	NA	35	340	0
Reduced-Calorie Double Chocolate Blend	12 oz.	99	1	0	NA	2	104	1
Reduced-Calorie Latte Blend	12 oz.	99	1	0	NA	2	117	0

Fast Food Factoid:

Krispy Kreme has the honor of being one of two fast food restaurants in this guide that has all or almost all of its foods coded red. This is because everything is cooked with trans fats. Can you guess which other restaurant shares this distinction? Dunkin' Donuts.