

# 9to5strength - Krispy Kreme (UK) Nutrition Tables

## Krispy Kreme - Single Doughnut

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
White Chocolate Dreamcake	405	5	50	25	21	11	1.6	0.5
Reese's Peanut Butter Kreme	402	6	50	24	20	9	1.5	0.4
Lotus Caramelised Biscoff	396	6	45	15	21	8	2.4	0.5
Nutty Chocolatta	379	6	41	16	21	10	1.9	0.4
Cookie & Creme Shell	368	5	54	32	14	6	2.9	0.4
Chocolate Dreamcake	351	5	48	26	15	7	3.1	0.4
Strawberries & Kreme	326	5	45	22	13	6	2.5	0.4
Glazed Raspberry	324	5	43	20	14	7	2.0	0.4
Chocolate Custard	289	5	41	19	11	5	2.3	0.4
Chocolate Sprinkles	262	3	39	23	10	5	1.3	0.3
Chocolate Glazed	257	3	28	13	15	7	1.2	0.3
Strawberry Gloss	244	4	32	20	11	5	1.8	0.3
Chocolate Iced	237	3	35	22	9	4	1.9	0.3
Original Glazed	200	3	28	13	8	4	1.2	0.2

## Krispy Kreme - Two Doughnuts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
2x White Chocolate Dreamcake	810	10	100	50	42	22	3.2	0.9
2x Reese's Peanut Butter Kreme	804	12	99	48	41	19	3.0	0.9
2x Lotus Caramelised Biscoff	792	12	89	31	42	15	4.8	1.0
2x Nutty Chocolatta	758	12	82	32	42	19	3.8	0.7
2x Cookie & Creme Shell	736	10	108	64	28	13	5.8	0.8
2x Chocolate Dreamcake	702	11	95	52	29	13	6.2	0.8
2x Strawberries & Kreme	652	10	90	44	27	12	5.0	0.8
2x Glazed Raspberry	648	11	87	40	28	13	4.0	0.8
2x Chocolate Custard	578	10	82	39	22	10	4.6	0.9
2x Chocolate Sprinkles	524	7	79	46	20	9	2.6	0.5
2x Chocolate Glazed	514	6	57	26	30	14	2.4	0.5
2x Strawberry Gloss	488	8	64	39	22	10	3.6	0.6
2x Chocolate Iced	474	7	70	43	18	8	3.8	0.5
2x Original Glazed	400	6	55	25	17	8	2.4	0.5

### Krispy Kreme - Three Doughnuts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
3x White Chocolate Dreamcake	1215	15	150	75	62	32	4.8	1.4
3x Reese's Peanut Butter Kreme	1206	18	149	72	61	28	4.5	1.3
3x Lotus Caramelised Biscoff	1188	18	134	46	63	23	7.2	1.6
3x Nutty Chocolatta	1137	17	122	48	63	29	5.7	1.1
3x Cookie & Creme Shell	1104	15	162	96	42	19	8.7	1.2
3x Chocolate Dreamcake	1053	16	143	78	44	20	9.3	1.2
3x Strawberries & Kreme	978	15	135	66	40	18	7.5	1.3
3x Glazed Raspberry	972	16	130	60	42	20	6.0	1.2
3x Chocolate Custard	867	15	123	58	33	15	6.9	1.3
3x Chocolate Sprinkles	786	10	118	70	30	14	3.9	0.8
3x Chocolate Glazed	771	10	85	38	44	22	3.6	0.8
3x Strawberry Gloss	732	12	96	59	32	16	5.4	0.9
3x Chocolate Iced	711	10	104	65	27	13	5.7	0.8
3x Original Glazed	600	9	83	38	25	12	3.6	0.7