|  |  |
| --- | --- |
| Food: | Donuts |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Custard Donuts x 2 | 2 pack | 139 | 2.1 | 20.3 | 1.25 |
| Sainsbury's Custard Doughnuts 2x | 2 pack | 150 | 2.6 | 20.5 | 1.30 |
| Tesco Custard Doughnut 2 Pack | 2 pack | 157 | 3.2 | 20.4 | 1.40 |
| Custard Doughnuts 5 Pack | 5 pack | 165 | 3.2 | 22.9 | 0.80 |
| ASDA Baker's Selection Custard Donuts x 5 | 5 pack | 173 | 3.2 | 23.2 | 0.79 |
| 5 Pack Jam Doughnuts (Tesco) | 5 pack | 178 | 2.7 | 27.4 | 0.80 |
| Raspberry jam doughnut x 4 | 4 pack | 179 | 2.9 | 28.2 | 2.00 |
| Tesco Cream & Strawberry Jam Doughnuts 2 Pack | 2 pack | 184 | 3.8 | 23.4 | 1.40 |
| Sainsbury's Strawberry Jam & Cream Doughnuts x 2 | 2 pack | 184 | 3.8 | 23.4 | 1.30 |
| ASDA Baker's Selection Jam Donuts x 5 | 5 pack | 184 | 2.7 | 29.0 | 0.79 |
| ASDA Baker's Selection Chocolate Donut x 5 | 5 pack | 184 | 3.0 | 26.7 | 0.79 |
| Waitrose Strawberry Jam & Cream Doughnuts x 2 | 2 pack | 188 | 4.6 | 21.6 | 2.00 |
| 10 Jam & Cream Donuts | 10 pack | 189 | 5.2 | 25.4 | 1.65 |
| Tesco Toffee Doughnut 2 Pack | 2 pack | 190 | 5.5 | 20.4 | 1.40 |
| Tesco Jam Doughnuts 5 Pack | 5 pack | 193 | 2.7 | 27.3 | 1.00 |
| ASDA 4 Jam & Cream Donuts x 4 | 4 pack | 195 | 4.7 | 22.6 | 1.00 |
| ASDA Chocolate Indulgence Donuts x 2 | 2 pack | 197 | 3.8 | 28.4 | 1.50 |
| Country Style 6 Real Dairy Cream & Jam Doughnuts x 6 | 6 pack | 200 | 5.2 | 24.4 | 1.00 |
| Lemon Doughnut x 4 | 4 pack | 206 | 4.5 | 28.9 | 5.00 |
| Rhubarb & Custard Doughnut x 4 | 4 pack | 207 | 3.5 | 29.9 | 5.00 |
| Raspberry & Rose Doughnut x 4 | 4 pack | 209 | 4.0 | 32.1 | 5.00 |
| Morrisons Fresh Cream Jam Doughnuts x 2 | 2 pack | 209 | 7.0 | 20.3 | 1.65 |
| ASDA Extra Special Salted Caramel Donuts x 2 | 2 pack | 211 | 3.7 | 33.1 | 1.50 |
| ASDA Free From 6 Donuts | 6 pack | 212 | 4.5 | 26.1 | 1.40 |
| Sainsbury's Doughnuts Glazed Ring x4 | 4 pack | 214 | 5.3 | 24.8 | 1.00 |
| Sainsbury's Raspberry Ripple Stripe Doughnuts x4 | 4 pack | 220 | 5.7 | 29.2 | 1.50 |
| ASDA Baker's Selection Mini Strawberry Donuts x 18 | 18 pack | 221 | 5.0 | 29.6 | 1.00 |
| Sainsbury's Doughnuts White Iced Ring x4 | 4 pack | 222 | 6.0 | 26.9 | 1.00 |
| ASDA Baker's Selection Sugar Ring Donuts x 5 | 5 pack | 223 | 6.4 | 21.5 | 0.79 |
| Sainsbury's Doughnuts Chocolate Iced Ring x4 | 4 pack | 224 | 6.2 | 27.5 | 1.00 |
| ASDA Raspberry & White Chocolate Donuts x 2 | 2 pack | 224 | 4.9 | 31.9 | 1.50 |
| ASDA Iced Donuts x 12 | 12 pack | 234 | 6.4 | 26.1 | 2.50 |
| ASDA Baker's Selection Mini Chocolate Donuts X 18 | 18 pack | 237 | 6.4 | 27.8 | 1.00 |
| ASDA Baker's Selection 18 Mini Ring Donuts x 18 | 18 pack | 237 | 5.5 | 28.4 | 1.00 |
| Tesco Strawberry Ring Doughnut 18 Pack | 18 pack | 241 | 6.1 | 29.9 | 1.00 |
| Tesco Chocolate Mini Ring Doughnuts 18 Pack | 18 pack | 242 | 6.4 | 28.8 | 1.00 |
| Cadbury Caramel Donuts x 3 | 3 pack | 243 | 7.8 | 29.0 | 1.50 |
| Sainsbury's Chocolate Striped Doughnuts x4 | 4 pack | 244 | 6.3 | 27.3 | 1.50 |
| Chocolate Praline Doughnut x 4 | 4 pack | 244 | 5.3 | 28.1 | 5.00 |
| Chocolate Iced Ring Doughnut 4 Pack | 4 pack | 245 | 7.3 | 26.9 | 1.20 |
| Strawberry Iced Ring Doughnut 4 Pack | 4 pack | 248 | 7.4 | 26.3 | 1.20 |
| Daim Donuts x 3 | 3 pack | 251 | 7.4 | 28.1 | 1.50 |
| Tesco White Iced Doughnuts 4 Pack | 4 pack | 251 | 7.6 | 26.4 | 1.20 |
| Tesco Ring Doughnuts 12 Pack | 12 pack | 251 | 7.6 | 26.4 | 2.50 |
| Tesco Millionaire Filled Doughnuts 3 Pack | 3 pack | 253 | 7.4 | 28.3 | 1.65 |
| Cadbury Chocolate Donuts | 3 pack | 260 | 6.5 | 27.1 | 1.50 |
| Oreo Donuts x 2 | 3 pack | 263 | 7.7 | 27.1 | 1.50 |
| Tesco Chocolate & Hazelnut Filled Doughnuts 3 Pack | 3 pack | 276 | 8.1 | 27.9 | 1.65 |

* Values shown per 58 gram donut

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Custard Donuts x 2 | 2 pack | 239 | 3.7 | 35 | 1.25 |
| Sainsbury's Custard Doughnuts 2x | 2 pack | 258 | 4.4 | 35.4 | 1.30 |
| Tesco Custard Doughnut 2 Pack | 2 pack | 271 | 5.6 | 35.2 | 1.40 |
| Custard Doughnuts 5 Pack | 5 pack | 284 | 5.5 | 39.5 | 0.80 |
| ASDA Baker's Selection Custard Donuts x 5 | 5 pack | 298 | 5.6 | 40 | 0.79 |
| 5 Pack Jam Doughnuts (Tesco) | 5 pack | 307 | 4.6 | 47.3 | 0.80 |
| Raspberry jam doughnut x 4 | 4 pack | 309 | 5.0 | 48.7 | 2.00 |
| Tesco Cream & Strawberry Jam Doughnuts 2 Pack | 2 pack | 317 | 6.6 | 40.4 | 1.40 |
| Sainsbury's Strawberry Jam & Cream Doughnuts x 2 | 2 pack | 317 | 6.6 | 40.4 | 1.30 |
| ASDA Baker's Selection Jam Donuts x 5 | 5 pack | 318 | 4.6 | 50 | 0.79 |
| ASDA Baker's Selection Chocolate Donut x 5 | 5 pack | 318 | 5.2 | 46 | 0.79 |
| Waitrose Strawberry Jam & Cream Doughnuts x 2 | 2 pack | 324 | 7.9 | 37.3 | 2.00 |
| 10 Jam & Cream Donuts | 10 pack | 325 | 8.9 | 43.8 | 1.65 |
| Tesco Toffee Doughnut 2 Pack | 2 pack | 328 | 9.4 | 35.2 | 1.40 |
| Tesco Jam Doughnuts 5 Pack | 5 pack | 333 | 4.7 | 47.1 | 1.00 |
| ASDA 4 Jam & Cream Donuts x 4 | 4 pack | 336 | 8.1 | 39 | 1.00 |
| ASDA Chocolate Indulgence Donuts x 2 | 2 pack | 339 | 6.6 | 49 | 1.50 |
| Country Style 6 Real Dairy Cream & Jam Doughnuts x 6 | 6 pack | 345 | 8.9 | 42 | 1.00 |
| Lemon Doughnut x 4 | 4 pack | 355 | 7.8 | 49.8 | 5.00 |
| Rhubarb & Custard Doughnut x 4 | 4 pack | 357 | 6.0 | 51.6 | 5.00 |
| Raspberry & Rose Doughnut x 4 | 4 pack | 360 | 6.9 | 55.4 | 5.00 |
| Morrisons Fresh Cream Jam Doughnuts x 2 | 2 pack | 361 | 12 | 35 | 1.65 |
| ASDA Extra Special Salted Caramel Donuts x 2 | 2 pack | 364 | 6.4 | 57 | 1.50 |
| ASDA Free From 6 Donuts | 6 pack | 365 | 7.8 | 45 | 1.40 |
| Sainsbury's Doughnuts Glazed Ring x4 | 4 pack | 369 | 9.1 | 42.8 | 1.00 |
| Sainsbury's Raspberry Ripple Stripe Doughnuts x4 | 4 pack | 379 | 9.9 | 50.3 | 1.50 |
| ASDA Baker's Selection Mini Strawberry Donuts x 18 | 18 pack | 381 | 8.6 | 51 | 1.00 |
| Sainsbury's Doughnuts White Iced Ring x4 | 4 pack | 383 | 10.4 | 46.4 | 1.00 |
| ASDA Baker's Selection Sugar Ring Donuts x 5 | 5 pack | 384 | 11 | 37 | 0.79 |
| Sainsbury's Doughnuts Chocolate Iced Ring x4 | 4 pack | 386 | 10.7 | 47.4 | 1.00 |
| ASDA Raspberry & White Chocolate Donuts x 2 | 2 pack | 387 | 8.5 | 55 | 1.50 |
| ASDA Iced Donuts x 12 | 12 pack | 403 | 11 | 45 | 2.50 |
| ASDA Baker's Selection Mini Chocolate Donuts X 18 | 18 pack | 409 | 11 | 48 | 1.00 |
| ASDA Baker's Selection 18 Mini Ring Donuts x 18 | 18 pack | 409 | 9.5 | 49 | 1.00 |
| Tesco Strawberry Ring Doughnut 18 Pack | 18 pack | 415 | 10.5 | 51.5 | 1.00 |
| Tesco Chocolate Mini Ring Doughnuts 18 Pack | 18 pack | 417 | 11 | 49.6 | 1.00 |
| Cadbury Caramel Donuts x 3 | 3 pack | 419 | 13.4 | 50 | 1.50 |
| Sainsbury's Chocolate Striped Doughnuts x4 | 4 pack | 421 | 10.8 | 47.1 | 1.50 |
| Chocolate Praline Doughnut x 4 | 4 pack | 421 | 9.1 | 48.5 | 5.00 |
| Chocolate Iced Ring Doughnut 4 Pack | 4 pack | 423 | 12.6 | 46.4 | 1.20 |
| Strawberry Iced Ring Doughnut 4 Pack | 4 pack | 428 | 12.7 | 45.3 | 1.20 |
| Daim Donuts x 3 | 3 pack | 433 | 12.8 | 48.5 | 1.50 |
| Tesco White Iced Doughnuts 4 Pack | 4 pack | 433 | 13.1 | 45.5 | 1.20 |
| Tesco Ring Doughnuts 12 Pack | 12 pack | 433 | 13.1 | 45.5 | 2.50 |
| Tesco Millionaire Filled Doughnuts 3 Pack | 3 pack | 437 | 12.7 | 48.8 | 1.65 |
| Cadbury Chocolate Donuts | 3 pack | 449 | 11.2 | 46.8 | 1.50 |
| Oreo Donuts x 2 | 3 pack | 453 | 13.23 | 46.8 | 1.50 |
| Tesco Chocolate & Hazelnut Filled Doughnuts 3 Pack | 3 pack | 476 | 13.9 | 48.1 | 1.65 |

* Values shown per 100 grams

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*