



# NUTRITION INFORMATION

## PLAIN BAGEL WITH BUTTER

Serving Size: 128g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1580kJ 378Cal	1240kJ 296Cal
<b>Protein</b>	10.9g	8.5g
<b>Fat</b>	7.5g	5.9g
- Total	4.5g	3.5g
- Saturated	4.5g	3.5g
<b>Carbohydrates</b>	64.4g	50.3g
- Sugars	3.1g	2.4g
<b>Sodium</b>	594mg	464mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. BUTTER: Pasteurized Cream (**From Milk**), Salt. Milk Fat: Minimum 80% **CONTAINS: Cereal containing gluten, Soy and Milk. MAY CONTAIN: Peanuts, Tree Nuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## PLAIN BAGEL WITH STRAWBERRY JAM

Serving Size: 141g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1740kJ 416Cal	1230kJ 294Cal
<b>Protein</b>	11.0g	7.8g
<b>Fat</b>	7.5g	5.3g
- Total	4.5g	3.2g
- Saturated	4.3g	51.9g
<b>Carbohydrates</b>	4.2g	8.6g
- Sugars	595mg	420mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. STRAWBERRY JAM: Sugar, Strawberries (40%), Food Acid (330), Vegetable Gum (440) BUTTER: Pasteurized Cream (**From Milk**), Salt. Milk Fat: Minimum 80% **CONTAINS: Cereal containing gluten, Soy and Milk. MAY CONTAIN: Peanuts, Tree Nuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## PLAIN BAGEL WITH PEANUT BUTTER

Serving Size: 139g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1610kJ 385Cal	1160kJ 277Cal
<b>Protein</b>	13.5g	9.7g
<b>Fat</b>	13.2g	9.5g
- Total	5.6g	4.0g
- Saturated	65.9g	47.4g
<b>Carbohydrates</b>	12.8g	9.2g
- Sugars	656mg	472mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. PEANUT BUTTER: Roasted **Peanuts** (85%), Vegetable oils, (Contains Antioxidant (320)), Sugar, Salt BUTTER: Pasteurized Cream (**From Milk**), Salt. Milk Fat: Minimum 80% **CONTAINS: Cereal containing gluten, Soy, Milk and Peanuts. MAY CONTAIN: Tree Nuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## PLAIN BAGEL WITH VEGEMITE

Serving Size: 137g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1660kJ 397Cal	1210kJ 288Cal
<b>Protein</b>	13.3g	9.7g
<b>Fat</b>	7.6g	5.5g
- Total	4.6g	3.3g
- Saturated	64.5g	46.9g
<b>Carbohydrates</b>	3.2g	2.3g
- Sugars	925mg	672mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. VEGEMITE: Yeast Extract (From Yeast Grown On **Barley And Wheat**), Salt, Mineral Salt (508), Malt Extract (From **Barley**), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate BUTTER: Pasteurized Cream (**From Milk**), Salt. Milk Fat: Minimum 80% **CONTAINS: Cereal containing gluten (Wheat, Barley), Soy and Milk. MAY CONTAIN: Peanuts, Tree Nuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## SMOKED SALMON & CREAM CHEESE ON PLAIN BAGEL

Serving Size: 211g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	2070kJ 496Cal	983kJ 235Cal
<b>Protein</b>	20.5g	9.7g
<b>Fat</b>	14.7g	7.0g
- Total	7.7g	3.6g
- Saturated	66.8g	31.7g
<b>Carbohydrates</b>	4.6g	2.2g
- Sugars	1870mg	885mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. PHILADELPHIA CHEESE: **Milk**, Cream (from **Milk**), **Milk** Solids, Salt, Vegetable Gum (410), Starter Culture. SMOKED SALMON: Atlantic Smoked **Salmon**. ROCKET: Rocket. ONION: Sliced Onion. Seasoning: Sea Salt, Cracked Pepper. **CONTAINS: Cereal containing gluten, Fish, Soy and Milk. MAY CONTAIN: Peanuts, Tree Nuts, egg, Sesame seed and sulphites. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## BACON & EGG ON PLAIN BAGEL

Serving Size: 260g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	2270kJ 543Cal	874kJ 209Cal
<b>Protein</b>	26.9g	10.3g
<b>Fat</b>	22.2g	8.6g
- Total	8.6g	3.3g
- Saturated	85.5g	32.9g
<b>Carbohydrates</b>	20.0g	7.7g
- Sugars	1870mg	718mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. EGG: Poached **Egg** BACON: Manufactured Meat Pork (81%), Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked. BARBECUE SAUCE: Tomatoes (From Concentrate) 43%, Sugar, Wheaten Cornflour, Water, Salt, Acidity Regulators (Acetic And Citric), Water, Dried Glucosesyrup, Colour (Caramel 150c From **Wheat**), Vegetable Gum (Pectin), Spices, Yeast Extract, Onion 0.5%. TASTY CHEESE: Pasteurized **Milk**, Salt, Cultures, Enzyme (Rennet) MARGARINE: Vegetable Oils 65% (Containing 52% Canola & Sunflower Oil), Water, Flavour, Salt, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 471), Preservative (202), Food Acid (Lactic), Natural Colour (Beta-Carotene), Vitamins A & D. SEASONING: Sea Salt, Cracked Pepper. **CONTAINS: Cereal containing gluten, Soy, Milk and Egg. MAY CONTAIN: Peanuts, Tree Nuts, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## CHICKEN & AVOCADO ON PLAIN BAGEL

Serving Size: 254g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	2730kJ 653Cal	1080kJ 256Cal
<b>Protein</b>	20.3g	8.0g
<b>Fat</b>	32.6g	12.8g
- Total	4.9g	1.9g
- Saturated	67.0g	26.4g
<b>Carbohydrates</b>	3.6g	1.4g
- Sugars	1640mg	647mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. CHICKEN: Chicken (91%), Water, Thickener (1414), **Soy** Protein, Salt, Mineral Salts (451, 450, 452, 508), Dextrose, Hydrolyzed Maize Protein, Maltodextrin (Maize), Vegetable Gum (407), Flavours, Yeast Extract, Food Acid (331). AVOCADO PULP: 100% Australian Avocado AIOLI SAUCE: Canola oil, **Egg**, Garlic (2%), Water, Balsamic Vinegar, Dijon Mustard (Vinegar, Salt, Preservative (514), Lemon Juice, White Pepper, Acidity Regulator (270)). ROCKET: Rocket. Seasoning: Sea Salt, Cracked Pepper. **CONTAINS: Cereal containing gluten, Soy and Egg. MAY CONTAIN: Peanuts, Tree Nuts, Milk, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## PLAIN BAGEL WITH HONEY

Serving Size: 139g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1770kJ 424Cal	1250kJ 299Cal
<b>Protein</b>	10.9g	7.7g
<b>Fat</b>	7.5g	5.3g
- Total	4.5g	3.2g
- Saturated	75.6g	53.4g
<b>Carbohydrates</b>	14.2g	10.1g
- Sugars	596mg	421mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. HONEY BUTTER: Pasteurized Cream (**From Milk**), Salt. Milk Fat: Minimum 80% **CONTAINS: Cereal containing gluten, Soy and Milk. MAY CONTAIN: Peanuts, Tree Nuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## PLAIN BAGEL WITH NUTELLA

Serving Size: 141g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1690kJ 403Cal	1250 kJ 298Cal
<b>Protein</b>	11.7g	8.7g
<b>Fat</b>	5.8g	4.3g
- Total	1.9g	1.4g
- Saturated	73.0g	54.0g
<b>Carbohydrates</b>	11.5g	8.5g
- Sugars	559mg	414mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. NUTELLA: Sugar, Vegetable Oil(Palm), **Hazelnuts** (13%), Skim **Milk** powder (8.7%), Fat-reduced cocoa powder (7.4%), Emulsifier (Lecithins) (**Soy**), Flavouring (Vanillin). **CONTAINS: Cereal containing gluten, Soy, Milk and Tree Nuts. MAY CONTAIN: Peanuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## PLAIN BAGEL WITH CREAM CHEESE

Serving Size: 164g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1800kJ 429Cal	1100kJ 262Cal
<b>Protein</b>	13.2g	8.0g
<b>Fat</b>	10.9g	6.6g
- Total	7.0g	4.3g
- Saturated	66.3g	40.4g
<b>Carbohydrates</b>	4.1g	2.5g
- Sugars	1410mg	862mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. PHILADELPHIA CHEESE: **Milk**, Cream (from **Milk**), **Milk** Solids, Salt, Vegetable Gum (410), Starter Culture. Seasoning: Sea Salt, Cracked Pepper. **CONTAINS: Cereal containing gluten, Soy and Milk. MAY CONTAIN: Peanuts, Tree Nuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## HAM, CHEESE & TOMATO ON PLAIN BAGEL

Serving Size: 199g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1560kJ 372Cal	782kJ 187Cal
<b>Protein</b>	19.6g	9.8g
<b>Fat</b>	7.3g	3.7g
- Total	4.1g	2.1g
- Saturated	67.0g	33.7g
<b>Carbohydrates</b>	4.2g	2.1g
- Sugars	1700mg	853mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. TOMATO: Tomato HAM: Pork (61%), Water, Modified Starch (1442), Acidity Regulator (325), Salt, Mineral Salts (451, 452, 508), Dextrose, Vegetable Gums (407, 415), Sugar, Antioxidant (316), Preservative (250). TASTY CHEESE: Pasteurized **Milk**, Salt, Cultures, Enzyme (Rennet) SEASONING: Sea Salt, Cracked Pepper. **CONTAINS: Cereal containing gluten, Soy and Milk. MAY CONTAIN: Peanuts, Tree Nuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## VEGETARIAN ON PLAIN BAGEL

Serving Size: 247g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	2120kJ 506Cal	857kJ 205Cal
<b>Protein</b>	17.1g	6.9g
<b>Fat</b>	17.3g	7.0g
- Total	5.5g	2.2g
- Saturated	67.1g	27.2g
<b>Carbohydrates</b>	4.5g	1.8g
- Sugars	1700mg	689mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. AVOCADO PULP: 100% Australian Avocado. CREAMY DANISH FETTA: Pasteurized Cow's **Milk**, Salt, Lactic Acid Culture, Enzyme (Non-Animal Rennet). TOMATO: Sliced Tomato. ROCKET: Rocket. Seasoning: Sea Salt, Cracked Pepper. **CONTAINS: Cereal containing gluten, Soy and Milk. MAY CONTAIN: Peanuts, Tree Nuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.

## PEPPERONI PIZZA BAGEL ON PLAIN BAGEL

Serving Size: 194g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	1960kJ 467Cal	1010kJ 241Cal
<b>Protein</b>	20.4g	10.5g
<b>Fat</b>	11.4g	5.9g
- Total	5.7g	2.9g
- Saturated	67.3g	34.7g
<b>Carbohydrates</b>	4.5g	2.3g
- Sugars	1560mg	803mg

**Ingredients:**  
PLAIN BAGEL: High Protein **Wheat Flour**, Water, Brown Sugar, Salt, Dry **Gluten**, **Malt Flour**, **Soy Flour**, **Malt** Extract, Yeast. MOZZARELLA CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme, Non-Animal Rennet Agent (460), Preservatives (200). PIZZA SAUCE: Australian Grown Tomato Puree (97%), Thickener (1422, 415), Sugar, Salt, Canola Oil, Herbs, Food Acid (Citric), Antioxidant (Ascorbic Acid). PEPPERONI: Fermented Manufactured Meat - Cooked meat Including Pork (90%), Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices And Spice Extracts, Colour (160c), Antioxidants (316, 307b), Dehydrated Vegetables, Mustard Flour, Emulsifiers (450, 451, 452), Starter Culture, Fermented Red Rice, Rice Flour, Sodium Nitrite (250), Sugar, Flavours (Including Smoke), Acidity Regulator (262), Yeast extract, Herb Extracts, Hydrolysed Vegetable Proteins (Maize, **Soy**), Canola Oil, Maize Starch. Smoked. SEASONING: Sea Salt, Cracked Pepper. **CONTAINS: Cereal containing gluten, Soy and Milk. MAY CONTAIN: Peanuts, Tree Nuts, egg, Sesame seed, sulphites and fish. Note:** these quantities are averages only and may vary from product to product due to the handcrafted nature of Krispy Kreme products.