



HOLIDAY SPECIALS			
Eggnog Gluten-Friendly	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 190	Hazelnut Gluten-Friendly	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 220
	##		## Notal Fat 12g ## Not
	Sodium 0mg         0%           Total Carbohydrate 9g         3%           Dietary Fiber 0g         0%		Sodium 0mg
	Total Sugars 7g Includes 0g Added Sugars 0% Protein 13g 26% Not a significant source of cholesterol, vitamin D. calcium.		Total Sugars 5g Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium,
*Contains dairy and tree nuts	iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Eggnog Nutrition Facts** 1 servings per container (Vegan) Serving size 1 Donut (75g) Gluten-Friendly Amount Per Serving 290 Calories Total Fat 14g Saturated Fat 0g Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 30g 11% Dietary Fiber 0g

\*Contains peanuts

Total Sugars 7g Includes 0g Added Sugars 0% Protein 10g 20% The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hazelnut (Vegan)

Gluten-Friendly

\*Contains peanuts and tree nuts

**Nutrition Facts** 1 servings per container Serving size 1 Donut (78g) Amount Per Serving 260 **Calories** Total Fat 12g Saturated Fat 0g Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 23g 8% Dietary Fiber 0g Total Sugars 11g Includes 0g Added Sugars 0% Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium on, and potassium

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### **CLASSIC PRONUTS Blueberry Nutrition Facts** Carrot Cake **Nutrition Facts** 1 servings per container 1 servings per container Gluten-Friendly **Basil** 1 Donut (75g) Serving size 1 Donut (76g) Serving size Gluten-Friendly Amount Per Serving Amount Per Serving 210 240 **Calories Calories** % Daily Value Total Fat 7g Total Fat 13g 9% 17% Saturated Fat 0g Saturated Fat 0g 0% 0% Trans Fat 0g Trans Fat 0g Sodium 0mg 0% Sodium 0mg **Ω%** Total Carbohydrate 14g Total Carbohydrate 13g 5% 5% Dietary Fiber 0g Dietary Fiber 0g 0% 0% Total Sugars 7g Total Sugars 4g Includes 0g Added Sugars Includes 0g Added Sugars 0% 0% Protein 12a Protein 12a 24% 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium \*Contains dairy •The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. \*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. \*Contains dairy and and tree nuts tree nuts



Chocolate	<b>Nutrition Facts</b>	Cinnamon	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Donut (75g)	Sugar	1 servings per container Serving size 1 Donut (74g)
	Amount Per Serving Calories 220	Gluten-Friendly	Amount Per Serving Calories 210
	## Note		##
	Total Carbohydrate 15g   5%		Total Carbohydrate 16g
*Contains dairy and tree nuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  -The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Coconut	Nutrition Facts	Cookies &	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Donut (75g)	Cream	1 servings per container Serving size 1 Donut (76g)
Keto-Friendly	Amount Per Serving Calories 200		Amount Per Serving Calories 210
	% Daily Value*  Total Fat 15g 19%		% Daily Value* Total Fat 13g 17%
	Saturated Fat 0g 0% <i>Trans</i> Fat 0g  Sodium 0mg 0%		Saturated Fat 0g 0% <i>Trans</i> Fat 0g  Sodium 0mg 0%
	Total Carbohydrate 6g 2% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0%		Total Carbohydrate 9g 3% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0%
	Protein 12g 24%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Protein 14g 28%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy and tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Espresso	<b>Nutrition Facts</b>	Mango	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Donut (74g)	Cardamom	1 servings per container Serving size 1 Donut (72g)
	Amount Per Serving Calories 220	Gluten-Friendly	Amount Per Serving Calories 210
	% Daily Value* Total Fat 10g 13%		% Daily Value* Total Fat 8g 10%
	Saturated Fat 0g		Saturated Fat 0g
	Total Carbohydrate 14g         5%           Dietary Fiber 0g         0%           Total Sugars 5g		Total Carbohydrate 8g
	Includes 0g Added Sugars		Includes 0g Added Sugars
	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy and	<ul> <li>The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</li> </ul>	*Contains dairy and tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
tree nuts		and tiee nuts	



Matcha	<b>Nutrition Facts</b>	Mint	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Donut (72g)	Chocolate	1 servings per container Serving size 1 Donut (75g)
	Amount Per Serving	Gluten-Friendly	Amount Per Serving
	Calories 190		Calories 230
	Total Fat 8g 10%		7 Daily Value* Total Fat 12g 15%
	Saturated Fat 0g 0%  Trans Fat 0g  Sodium 0mg 0%		Saturated Fat 0g 0% <i>Trans</i> Fat 0g  Sodium 0mg 0%
	Sodium 0mg		Sodium 0mg
	Total Sugars 8g Includes 0g Added Sugars 0%		Total Sugars 5g Includes 0g Added Sugars 0%
*Contains dairy and	Protein 10g 20%		Protein 12g 24%
*Contains dairy and tree nuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a	*Contains dairy	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a
ti ce nats	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	and tree nuts	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Peanut	Nutrition Facts	Peanut	Nutrition Facts
Butter	1 servings per container Serving size 1 Donut (77g)	<b>Butter Cup</b>	1 servings per container Serving size 1 Donut (80g)
Gluten-Friendly	Amount Per Serving	Gluten-Friendly	Amount Per Serving
	Calories 220		Calories 290
	Total Fat 16g 21% Saturated Fat 0g 0%		Total Fat 11g 14% Saturated Fat 0g 0%
	Trans Fat 0g   Sodium 0mg   0%		Trans Fat 0g   Sodium 0mg   0%
	Total Carbohydrate 8g 3% Dietary Fiber 0g 0%		Total Carbohydrate 15g 5% Dietary Fiber 0g 0%
	Total Sugars 3g Includes 0g Added Sugars 0%		Total Sugars 8g Includes 0g Added Sugars 0%
	Protein 13g 26%		Protein 12g 24%
	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a	*Contains dairy,	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a
*Contains dairy,	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	peanuts and tree	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
peanuts and tree nuts		nuts	
The PRONUT	Nutrition Facts	Pumpkin	Nutrition Facts
Gluten-Friendly	varied (1) servings per container  Serving size 1 Donut (85g)	Spice	1 servings per container Serving size 1 Donut (77g)
	Amount Per Serving Calories 230	Gluten-Friendly	Amount Per Serving Calories 230
	Calories 230	Keto-Friendly	Calories 230
	Total Fat 13g 17% Saturated Fat 0g 0%		Total Fat 16g 21% Saturated Fat 0g 0%
	Trans Fat 0g   Sodium 0mg   0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 18g 7% Dietary Fiber 0g 0%		Total Carbohydrate 6g 2% Dietary Fiber 0g 0%
	Total Sugars 5g Includes 0g Added Sugars 0%		Total Sugars 2g Includes 0g Added Sugars 0%
	Protein 15g 30%		Protein 14g 28%
*Contains dairy,	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  - The % Daily Value (DV) tells you how much a nutrient in a	*01-1-	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a
peanuts and tree	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
nuts		und tree fluts	



Red Velvet	<b>Nutrition Facts</b>	Strawberries	<b>Nutrition Facts</b>
Gluten-Friendly	1 servings per container  Serving size 1 Donut (73g)  Amount Per Serving  Calories 210  **Daily Value**  Total Fat 12g 15%  Saturated Fat 0g 0%  **Trans Fat 0g  Sodium 0mg 0%  Total Carbohydrate 14g 5%  Dietary Fiber 0g 0%  Total Sugars 3g	& Cream Gluten-Friendly	1 servings per container  Serving size 1 Donut (76g)  Amount Per Serving  Calories 210  **Dally Value**  Total Fat 14g 18%  Saturated Fat 0g 0%  **Trans Fat 0g  Sodium 0mg 0%  Total Carbohydrate 8g 3%  Dietary Fiber 0g 0%  Total Sugars 3g
*Contains dairy and tree nuts	Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  -The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and poltassium  -The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Ube	Nutrition Facts	Vanilla	Nutrition Facts
Pistachio Gluten-Friendly Keto-Friendly	1 servings per container Serving size 1 Donut (77g) Amount Per Serving Calories 210	Glaze Gluten-Friendly	1 servings per container Serving size 1 Donut (72g) Amount Per Serving Calories 190
Reto Menary	Saturated Fat 0g		**Daliy Value*
*Contains dairy and	Protein 12g 24%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy	Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium, iron, and polassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
tree nuts		and tree nuts	



VEGAN PRONUTS			
Blueberry	<b>Nutrition Facts</b>	<b>Carrot Cake</b>	Nutrition Facts
*Contains peanuts and tree nuts	1 servings per container Serving size 1 Donut (74g) Amount Per Serving Calories 170  **Daily Value* Total Fat 2.5g 3% Saturated Fat 0g Sodium 0mg 0% Total Carbohydrate 26g 9% Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium - The % Daily Value (DV) tells you how much a nutrient in a serving of tood contributes to a daily diet 2,000 calories a day is used for general nutrition advice.	*Contains peanuts and tree nuts	1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 210  **Daily Value* Total Fat 8g 10% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 20g 7% Dietary Fiber 0g 0% Total Sugars 6g Includes 0g Added Sugars 0% Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
*Contains peanuts and tree nuts	Nutrition Facts  1 servings per container Serving size 1 Donut (74g)  Amount Per Serving Calories 250  Sally Value*  Total Fat 6g 8% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 26g 9% Dietary Fiber 0g 0% Total Sugars 12g Includes 0g Added Sugars 0% Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassaum  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Cinnamon Sugar Gluten-Friendly  *Contains peanuts and tree nuts	Nutrition Facts  1 servings per container Serving size 1 Donut (72g) Amount Per Serving Calories 160  **Dally Value* Total Fat 2.5g 3% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 28g 10% Dietary Fiber 0g 0% Total Sugars 13g Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrifion advice.
*Contains peanuts and tree nuts	Nutrition Facts  1 servings per container Serving size 1 Donut (76g) Amount Per Serving Calories 220  **Daily Value* Total Fat 8g 10% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Dietary Fiber 0g 0% Total Carbohydrate 27g 10% Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium -The *Daily Value (DY) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.	*Contains peanuts and tree nuts	Nutrition Facts  1 servings per container Serving size 1 Donut (70g) Amount Per Serving Calories 190  **Solity Value* Total Fat 2.5g 3% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 31g 11% Dietary Fiber 0g 0% Total Sugars 14g Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.



Peanut	Nutrition Facts	Peanut	Nutrition Facts
Butter	1 servings per container Serving size 1 Donut (75g)	<b>Butter Cup</b>	1 servings per container Serving size 1 Donut (75g)
Gluten-Friendly	Amount Per Serving  Calories  **Daily Value*  Total Fat 14g	Gluten-Friendly	Amount Per Serving
*Contains peanuts	Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains peanuts	Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
and tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	and tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
The PRONUT Gluten-Friendly  *Contains peanuts	Nutrition Facts  1 servings per container Serving size 1 Donut (83g)  Amount Per Serving Calories 230  **Daily Value* Total Fat 13g 17% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 18g 7% Dietary Fiber 0g 0% Total Sugars 5g Includes 0g Added Sugars 0% Protein 12g 24%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	Red Velvet Gluten-Friendly  *Contains peanuts	Nutrition Facts  1 servings per container Serving size 1 Donut (74g)  Amount Per Serving Calories 200  **Daily Value* Total Fat 6g 8% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 19g 7% Dietary Fiber 0g 0% Total Sugars 6g Includes 0g Added Sugars 0% Protein 10g 20%  Not as significant source of cholesterol, vitamin D, calcium, iron, and potassium
and tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	and tree nuts	•The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
KET	O BAGELS		
Keto	Nutrition Facts	1	
Everything	1 servings per container Serving size 1 Bagel (85g)		
Bagel	Amount Per Serving		
Dager	Calories 290	l	

# Keto Everything Bagel Keto-Friendly Gluten-Friendly Total Fat 22g Saturated Fat 0g Sodium 0mg Total Carbohydrate 4g Dietary Fiber 0g Total Sugars 0g Includes 0g Added Sugars Protein 24g Nutrition Facts 1 servings per container Serving Calories 290 \*\*Dally Value\*\* Total Fat 22g Sodium 0mg 0% Total Carbohydrate 4g 1% Dietary Fiber 0g 0% Protein 24g 48%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Contains tree nuts

and dairy



PROTEIN BROWNIES			
Dark Chocolate Brownie Gluten-Friendly	Nutrition Facts 1 servings per container Serving size 1 Brownie (85g) Amount Per Serving Calories 290	Walnut Brownie Gluten-Friendly	Nutrition Facts  1 servings per container Serving size 1 Brownie (85g) Amount Per Serving Calories 290
	% Daily Value*   Total Fat 18g   23%   Saturated Fat 0g   0%   Trans Fat 0g   Sodium 0mg   0%   Total Carbohydrate 22g   8%   Dietary Fiber 0g   0%   Total Sugars 14g   Includes 0g Added Sugars   0%   Protein 13g   26%		# Daily Value*  Total Fat 19g 24%  Saturated Fat 0g 0%  **Trans* Fat 0g  Sodium 0mg 0%  Total Carbohydrate 22g 8%  Dietary Fiber 0g 0%  Total Sugars 12g  Includes 0g Added Sugars 0%  Protein 14g 28%
*Contains tree nuts and dairy	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Dally Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains tree nuts and dairy	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  -The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PROTEIN COOKIES			
The PRONUT Cookie Vegan Gluten-Friendly	Nutrition Facts  1 servings per container Serving size 1 Cookie (80g) Amount Per Serving Calories 260		
,	## Total Fat 14g		
*Contains peanuts and tree nuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2.000 calories a day is used for general nutrition advice.		

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