

Supplier's Product Code :
 Product Added :
 Last Updated by Supplier :
 erudus id :

F01146
 11 March 2026
 11 March 2026
 746b52a2fe5246dc9084e4d5c2f5bf3c



The information on the **Erudus System** has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

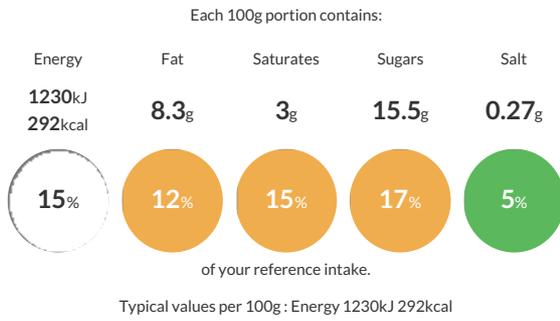
Kara Sugar Jam Doughnuts x 60

Short Product Name:
 Sugar Jam Doughnuts

A rich sweet yeasted dough that has been deep fried in vegetable oil, dusted with a sugar coating and injected with an apple and raspberry jam filling.

Traded Unit GTIN: **05010066111461** Internal GTIN: Supplier: **Kara Foodservice (Fletchers)** Suppliers Product Code: **F01146**

Reference Intake



Nutritional Information

Typical Values	Per 100g
Energy	1230kJ 292kCal
Carbohydrates	47.3g
of which sugars	15.5g
Fat	8.3g
of which saturates	3g
Fibre	1.9g
Protein	6.2g
Salt	0.27g

Allergy Information

Key: **Contains** **May Contain**



Dietary Information

Key: **Suitable for**



Ingredients

Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Apple & Raspberry Jam (20%) (Glucose-Fructose Syrup, Apple Purée, Sugar, Raspberry Purée, Acidity Regulators: E330, E331(iii); Colour: E163; Gelling Agent: E440(a); Flavouring), Palm Oil, Sweet Dust (Dextrose, Cornflour, Palm Oil), Rapeseed Oil, Dextrose, Sugar, Raising Agents: E501, E450, E341; Wheat Gluten, Yeast, Emulsifiers: E481, E471; Potassium Chloride, Salt, Stabiliser: E466; Flour Treatment Agent: E300.