

## Kara Doughnut - Jam Filled 73g - Information

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.

**TFS Product Code:** 031127  
**Suppliers Product Code:** F01146  
**Information Last Updated:** 08/02/2023  
**Date Produced:** 04/02/2026



### Allergy Information

Key: Contains May Contain



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	292.00
Energy (kJ)	1230.00
Protein (g)	6.20
Carb (g)	47.30
Of Which Sugars (g)	15.50
Fat (g)	8.30
Of Which Saturates (g)	3.00
Fibre (g)	1.90
Salt (g)	0.27

### Dietary Information

Key: Suitable for



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## 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, E331iii), Colour (E163), Gelling Agent (E440a), 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).

## Handling Information

### Directions for Use

To defrost: Keep frozen until use. To defrost: remove from case and leave in pack at room temperature for approximately 3 hours, or until fully defrosted. Once defrosted, store in a sealed pack in a cool, dry place away from direct sunlight. Once defrosted use within 1 day.

### Storage Instructions

Keep frozen, store frozen at -18°C or below. Once defrosted do not re-freeze.

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