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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:
Information Last Updated: 08/02/2023
Date Produced: 04/11/2026



Allergy Information

Key: Contains | May Contain

Sesame, Gluten, Crustaceans, Eggs, Lupin, Nuts

Milk, Celery, Sulphur Dioxide, Soya, Cereal, Peanuts

Fish, Molluscs, Mustard

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

Kosher, Vegetarian, Halal, Vegan

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.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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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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