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Dunkin donuts calories chocolate glazed

There are 340 calories in a Glazed Chocolate Donut from Dunkin Donuts. Most of those calories come from fat (51%) and carbohydrates (46%). ContainsUnknownAllergy Information: a Dunkin Donuts Glazed Chocolate Donut contains egg, milk, soy and wheat. * Please keep in mind that most fast food restaurants cannot guarantee that any product is free of allergens as they use shared equipment for prepping foods. We are working on getting the ingredients for this item. Written by Anne Danahy, MS, RDN on November 13, 2020 — Medically reviewed by Kathy W. Warwick, R.D., CDE, NutritionCaloriesNutritionRecommendationBottom lineWe include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process.A basic glazed doughnut and good cup of coffee is a classic combination favored by many.Without all of the frosting, fillings, and sprinkles of some other types of pastries, a simple glazed doughnut may seem like a lighter, less unhealthy choice when you want a quick breakfast or sweet treat. However, there's a great deal of variation among different brands, and some come with a higher calorie count than others.This article examines the calories in various brands of glazed doughnuts and whether they're a decent choice.Share on PinterestMart's/Stocks/UnitedNot all glazed doughnuts are created equal. Yeast doughnuts are made from a yeast dough that rises, so they're taller and fluffier than other types. Cake doughnuts use baking powder as a leavening agent and have a denser texture. Meanwhile, old fashioned doughnuts have a cake-like texture that's often bumpy and crispy on the outside. They're made with sour cream or buttermilk. Their different ingredients and production methods affect their calorie counts somewhat. Here are the calorie counts of some popular brands of glazed doughnuts (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12):Generic plain glazed: 269 caloriesGeneric chocolate glazed: 312 caloriesGeneric maple-glazed: 310 caloriesDunkin Donuts Plain Glazed: 240 caloriesDunkin Donuts Chocolate Glazed: 360 calories Krispy Kreme Original Glazed: 190 caloriesPublix Plain Glazed: 340 calories Safeway Plain Glazed: 250 caloriesShipley Do-Nuts Plain Glazed: 190 caloriesTarget Plain Glazed: 140 caloriesTim Hortons Honey Dip: 190 caloriesGeneric cake glazed: 192 caloriesGeneric sour cream/old fashioned glazed: 234 caloriesStarbucks Old Fashioned Glazed: 480 calories Generic cake glazed doughnut holes (1 piece): 60 caloriesGeneric yeast glazed doughnut holes (1 piece): 55 caloriesAmong the full-size doughnuts, Starbucks' Old Fashioned glazed doughnut is highest in calories, but it's also fairly large at 113 grams. Most of the others weigh 50-70 grams.If you want a doughnut that doesn't break your calorie bank, choose one or two small doughnut holes.SUMMARYCake, yeast, or old fashioned glazed doughnuts are each made differently and vary somewhat in their calories counts. If you want a lower calorie glazed doughnut, choose one that's on the smaller side. Whether they're cake, yeast, or old fashioned style, glazed doughnuts are made with mostly the same ingredients:floursugaryeast or baking powdereggs milk, buttermilk, or sour creambutter or shorteningAfter the batter is made, the doughnuts are shaped and fried in oil.The average medium-size (64-gram) glazed doughnut contains (1);Calories: 269Protein: 4 gramsFat: 15 gramsCarbs: 31 gramsSugar: 15 gramsFolate: 65 mcg, or 16% of the Daily Value (DV)Thiamine: 0.2mg, or 12% of the DVIron: 2.2mg, or 12% of the DVIf they're made with enriched flour, doughnuts provide small amounts of folic acid, thiamine, and iron. Yet, overall, they're not considered a good source of healthy nutrients (1).Instead, they're high in sugar, refined carbs, and fat. What's more, they fall into the category of ultra-processed foods (13).Ultra-processed foods are defined as foods with many ingredients. They commonly include high amounts of salt, sugar, fats, starches, and other ingredients that aren't available at retail outlets (13). Ultra-processed foods are tasty and easy to eat in large amounts, but they're very low in nutrients (13).SUMMARYGlazed doughnuts have a fair amount of sugar, starch, and fat but are low in beneficial nutrients. They're considered a non-nutritious, ultra-processed food.Compared with doughnuts filled with jelly or custard, glazed doughnuts may be a healthier choice. Still, they're far from a healthy breakfast or snack and should only be enjoyed in moderation. The United States Department of Agriculture's (USDA's) Dietary Guidelines recommend limiting sugar to no more than 10% of your total daily calories. For someone who eats a 2,000-calorie diet, that's fewer than 200 calories or less than 50 grams of sugar per day (14).If you down a few doughnuts with your sugar-sweetened coffee, you could easily hit that goal with breakfast.Additionally, reaching for processed foods like doughnuts frequently is linked to weight gain and an increased risk of heart disease and diabetes (15).It's fine to enjoy a glazed doughnut every once in a while, but for your health, it's best not to make it a habit.SUMMARYGlazed doughnuts are not healthy, although you can certainly enjoy one every now and again. Eating too many of them may lead to weight gain and increase your risk of diabetes and heart disease over time.Glazed doughnuts are a tasty treat but not something you should eat every day.On average, 1 medium size doughnut provides 190-300 calories, although some are significantly higher in calories, depending on the size and ingredients used.Eating too many foods that are high in sugar, starch, and fat may cause health problems, such as overweight, diabetes, and heart disease, down the road. A such, it's best to only enjoy glazed doughnuts in moderation. Last medically reviewed on November 13, 2020This article is based on scientific evidence, written by experts and fact checked by experts.Our team of licensed nutritionists and dietitians strive to be objective, unbiased, honest and to present both sides of the argument.This article contains scientific references. The numbers in the parentheses (1, 2, 3) are clickable links to peer-reviewed scientific papers. Have you ever asked yourself, "How much weight can I lose in a month?" or "How many meals a day should you eat?" Since 2005, a community of over 200 million members have used MyFitnessPal to answer those questions and more. With exercise demos, workout routines and more than 500 recipes available on the app, MyFitnessPal gives members a wellness roadmap for anything from the best fat burning workouts to healthy foods to eat. So whether your goal is walking for weight loss, tracking the foods you eat, or something else entirely, MyFitnessPal has the tools you need to start your fitness and health journey today. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Dunkin Donuts Chocolate Glazed: 360 calories. Krispy Kreme Original Glazed: 190 calories. Publix Plain Glazed: 340 calories. What donut has the least calories at Dunkin Donuts? French cruller This donut consistently tops lists of the healthiest donut options at Dunkin' Donuts. Each French cruller from Dunkin' only has 220 calories and 10 grams of sugar. As far as donuts go, the French cruller is practically a health food. What donut has the most calories at Dunkin Donuts? Worst Dunkin' Donuts Nutrition Choices Maple Creme Stick: 460 calories. Bismark: 480 calories. Lemon Stick: 470 calories. Peanut Donut: 470 calories. Apple Fritter: 510 calories. Glazed Jelly Stick: 530 calories. What is the lowest calorie donut? While you might think that the sugar raised donut or the plain glazed donut has the least calories, in fact it's the French cruller that's the least unhealthy. The French cruller contains 220 calories, 15 grams of fat, seven grams of saturated fat, and 10 grams of sugar. What is the most unhealthy donut? A Boston cream doughnut contains approximately 400 calories and 16 grams of fat. Over half of the fat in the Boston creme doughnut is from saturated fat. Apple fritters are among the unhealthiest doughnuts. What is the healthiest drink to get at Dunkin Donuts? Basically, if you want to enjoy a coffee drink for the fewest number of calories, the way to go is: -a hot or iced latte lite (made with skim milk and no-calorie sweetener) -a hot or iced macchiato or cappuccino with skim milk and no-calorie sweetener, or -regular or cold brew coffee with skim milk. What is the healthiest thing to get at Dunkin Donuts? The Healthiest Foods At Dunkin'. According To Nutritionists Veggie Egg White Sandwich. Dunkin' Scramble Bowl or Full-Fat Cappuccino. Egg & Cheese Wake Up Wrap + Cold Brew. Multigrain Bagel + Black Coffee or Espresso. What is the most unhealthy thing at Dunkin Donuts? Here are the six unhealthiest doughnuts from the Dunkin' Donuts menu, according to calorie count. #6 Jelly Stick. Calories: 420. #5 Pumpkin Crumb Cake Donut. Calories: 450. #4 Apple Crumb Donut. Calories: 490. #3 Blueberry Crumb Donut. Calories: 500. #2 Butternut Donut. Calories: 520. #1 Chocolate Coconut Cake Doughnut. How many calories are in a chocolate glazed donut from Walmart? There are 180 calories in 1 donut (57 g) of Wal-Mart Bakery Glazed Donut.

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