

Mister Donut Nutritional Information

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Figures are subject to change without notice with product and criteria updates.

Please check back as this information is updated periodically.

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*Sugar sticks and gum syrup are not included in the nutritional information on the drink menu.

◆For Inquires about our products: Mister Donut Customer Center

Toll-free Number: 0120-112-020 [Hours: 9:00 AM – 5:00 PM (Except Sundays)]

As of March 1, 2024

Product Name	Nutrients (per item)				
	熱量	たんぱく質	脂質	炭水化物	食塩相当量
	Energy	Protein	Fat	Carbohydrate	Salt equivalent
	kcal	g	g	g	g
▼Sakuramochi Soft Donut					
Sakuramochi Soft Donut – Tsubomi (Budding Blossom)	255	2.2	12.1	34.2	0.5
Sakuramochi Soft Donut – Gobuzaki (Half Bloom)	288	1.9	15.0	35.8	0.5
Sakuramochi Soft Donut – Mankai (Full Bloom)	289	2.2	13.2	39.8	0.5
Sakuramochi Soft Donut – Maizakura (Dancing Cherry Blossoms)	323	2.4	15.2	44.5	0.5
▼miso meets GODIVA					
Ganache Chocolate	359	4.0	24.3	30.9	0.2
Praline Chocolate	411	3.9	27.9	36.0	0.2
Caramel Chocolate	388	3.2	25.4	36.5	0.3
Galette Des Rois Chocolate	380	4.4	25.5	31.4	0.3
Heart Chocolate – Lait	325	5.6	21.4	27.1	0.4
Heart Chocolate – Fraise	298	4.8	18.7	27.2	0.5
▼Winter Donuts Collection					
Pon de Ring Golden & Strawberry	298	1.7	17.2	34.1	0.6
Whipped Cream & Custard Fashion	375	4.3	23.0	36.7	0.8
Chocolate Crunch Custard French	265	3.1	18.0	22.1	0.3
Chocolate Crunch & Whipped Cream Churro	284	4.5	17.3	27.2	0.6
▼Pon De Ring Chocolate					
Pon De Ring Chocolate	229	1.4	13.1	26.5	0.6
Pon De Ring Double Chocolate	254	1.9	16.7	23.8	0.6
Pon De Ring Crunch Chocolate	289	2.2	17.9	29.5	0.6
▼Premium Pon De Ring Chocolate					
Premium Pon De Ring Chocolate – Rich Cacao	253	1.8	15.0	27.4	0.6
Premium Pon De Ring Chocolate – Rich Caramel	295	2.2	17.8	31.4	0.6
▼Crunchy Soft Ring					
Crunchy Soft Ring – Curry & Egg	328	7.2	20.5	28.0	1.3
Crunchy Soft Ring – Spicy Cod Roe Potato & Egg	324	7.2	20.8	26.5	1.4
Crunchy Soft Ring – Red Bean & Whipped Cream	362	6.7	19.4	40.4	0.6
▼Pon De Ring					
Pon De Ring	217	1.3	12.0	26.1	0.6
Pon De Ring Brown Sugar	202	1.3	12.1	22.0	0.6
Pon De Ring Strawberry	246	1.4	15.8	24.3	0.6
Pon De Ring Sugar	215	1.2	12.2	25.1	0.6
Pon De Ring Red Bean Paste	247	2.4	12.4	32.4	0.6
Pon De Ring Angel	248	1.8	15.7	24.7	0.6
Pon De Ring Plain	194	1.2	12.0	20.2	0.6

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	Energy	Protein	Fat	Carbohydrate	Salt equivalent
	kcal	g	g	g	g
▼Yeast Donut					
Angel Cream	201	3.1	12.1	19.6	0.5
Custard Cream	214	3.8	11.0	24.6	0.5
Honey Dip	202	3.9	9.6	24.9	0.7
Sugar Raised	192	3.9	9.7	22.0	0.7
Chocolate Ring	238	4.4	13.9	23.5	0.7
Strawberry Ring	239	4.0	14.0	23.9	0.7
White Chocolate Ring	250	4.1	14.1	26.5	0.7
Roasted Soy Flour Ring	193	4.4	10.1	21.0	0.7
Cinnamon Ring	200	3.9	9.8	23.8	0.7
Cocoa Ring	196	4.1	9.9	22.4	0.7
Maple Ring	210	3.9	9.7	26.6	0.7
▼French Cruller					
French Cruller	154	1.5	10.1	14.0	0.3
Angel French	192	2.1	14.6	12.6	0.3
Strawberry Custard French	197	2.2	13.9	15.3	0.3
Maple Angel French	177	1.7	11.7	15.7	0.3
▼Old Fashion					
Old Fashion	293	3.3	18.0	28.5	0.8
Chocolate Fashion	330	3.7	20.8	31.3	0.8
Old Fashion Honey	355	3.4	18.0	44.4	0.8
Old Fashion Brown Sugar	306	3.4	18.2	31.5	0.8
Strawberry Fashion	331	3.4	20.9	31.5	0.8
Old Fashion Cinnamon	303	3.3	18.1	30.7	0.8
▼Chocolate					
Chocolate	239	3.2	13.3	26.3	0.5
Coconut Chocolate	259	3.4	15.9	25.8	0.5
Golden Chocolate	269	3.4	13.9	32.2	0.5
Double Chocolate	265	3.6	16.8	24.3	0.5
▼Churro					
Honey Churro	216	3.7	11.0	25.3	0.5
Chocolate Churro	282	4.5	17.5	26.1	0.5
Strawberry Churro	283	3.9	17.7	26.5	0.6
▼Soft Fruit Stick					
Soft Fruit Stick Plain	136	2.4	5.3	20.3	0.5
Soft Fruit Stick Cinnamon	140	2.4	5.4	21.2	0.5
Soft Fruit Stick Honey	144	2.4	5.3	22.2	0.5
▼Pie					
Hot Sweet Pie Apple	264	3.4	13.5	32.5	0.5
Hot Savory Pie BBQ Frankfurt	311	6.8	21.5	24.1	1.5
Shrimp Gratin Pie	236	5.5	13.2	23.4	1.0
Oozy Cheese Quattro Meat Pie	338	4.8	22.1	28.1	1.1
Aromatic Creamy Shrimp Bisque Pie	285	3.8	17.3	26.3	0.9
Rich Chocolate Pie	376	4.4	23.3	36.1	0.5

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	Energy kcal	Protein g	Fat g	Carbohydrate g	Salt equivalent g
▼Muffin					
Moist Muffin – Butter Flavor	344	4.2	18.0	41.1	0.9
Moist Muffin – Chocolate	323	3.9	17.3	37.7	0.7
Moist Muffin – Apple & Earl Grey	242	3.5	9.5	35.8	0.8
▼Donuts that do not contain specific allergenic ingredients					
Soft Baked Donut – Plain (2 donut pack)	186	1.3	7.7	27.4	0.4
Soft Baked Donut – Plain (per donut)	93	0.7	3.9	13.7	0.2
▼Donut Pop					
Donut Pop – Angel Cream Ball	39	0.5	2.4	3.8	0.1
Donut Pop – Pon De Ring Strawberry Ball	43	0.3	2.7	4.4	0.1
Donut Pop – Old Fashion Ball	56	0.6	3.8	4.8	0.1
Donut Pop – Chocolate Fashion Ball	69	0.7	4.7	5.8	0.1
Donut Pop – Strawberry Fashion Ball	69	0.6	4.7	5.8	0.1
Donut Pop – Golden Chocolate Ball	48	0.6	2.2	6.3	0.1
Donut Pop – Coconut Chocolate Ball	45	0.6	2.7	4.7	0.1
Donut Pop – Pon De Ring Ball	36	0.2	2.0	4.4	0.1
Donut Pop – Pon De Ring Sugar Ball	35	0.2	2.0	4.1	0.1
Donut Pop – Pon De Ring Chocolate Ball	43	0.3	2.7	4.4	0.1
Donut Pop – Strawberry Ball	34	0.4	2.3	2.9	0.1
Donut Pop – Old Fashion Brown Sugar Ball	61	0.6	3.8	5.8	0.1
▼Online Order Limited Donut					
Thick Chocolate Fashion	386	4.2	24.9	35.4	0.8
Strawberry & Chocolate Fashion	419	4.0	27.4	38.1	0.8
Custard & Angel Cream	203	3.4	11.2	21.8	0.5
Double Cream French	198	2.3	14.5	13.9	0.3
▼Fancy Donut					
Chocolate Donut – Sugar	258	2.1	17.5	22.9	0.2
Chocolate Donut – Chocolate	295	2.5	21.0	23.7	0.2
Chocolate Donut – Strawberry	297	2.2	21.2	24.0	0.2
Soft Heart Donut – Honey	182	3.5	10.8	17.6	0.4
Soft Heart Donut – White Chocolate	237	3.7	15.2	20.9	0.4
Milk Chocolate Fashion	406	4.2	26.4	37.0	0.8
Pon De Ring Milk Chocolate	250	1.7	16.1	24.4	0.6
Chocolate Custard	221	3.8	11.7	24.9	0.5
Cereal Chocolate & Whipped Cream	223	3.4	13.8	21.0	0.5
Strawberry Sugar Ring	252	4.4	13.8	27.3	0.7
White Chocolate & Ganache Cream Sandwich	293	4.1	17.8	28.6	0.6
Praline & Golden Fashion	356	3.9	20.3	38.5	0.8
Salted Caramel French	219	1.9	15.3	18.1	0.4
Strawberry Jam	189	2.6	8.9	24.3	0.5
Chocolate Ganache & Whip Sandwich	304	3.9	20.1	26.6	0.6
Chocolate Sauce Whipped Cream	302	3.8	17.3	32.5	0.5
Caramel Coconut Fashion	349	3.7	20.8	36.4	0.8
White Almond Chocolate	277	3.6	17.5	25.8	0.5
Almond Chocolate Fashion	336	3.9	21.3	31.5	0.8

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	Energy kcal	Protein g	Fat g	Carbohydrate g	Salt equivalent g
▼Topping					
Whipped Cream Topping	106	1.1	7.2	9.3	0.1
▼Hot Dog					
Hot Dog	331	10.6	19.8	26.3	2.0
Cheese Hot Dog	366	12.9	22.7	26.2	2.2
▼Pizzetta					
Margherita Pizzetta	286	11.3	12.1	32.9	1.3
Quattro Cheese Pizzetta	263	9.4	11.5	30.5	1.0
▼Yam Cha					
Soy Sauce Noodles	229	8.4	1.1	43.7	3.7
Sichuan Dandan Noodles	538	16.9	28.0	51.4	4.6
Egg Fried Rice [Uses rice grown in Japan]	588	16.2	24.3	72.3	2.4
Egg Fried Rice (Half-sized) [Uses rice grown in Japan]	294	8.1	12.2	36.2	1.2
International Noodle Soup – Shark Fin Soup	317	11.8	5.2	53.1	4.7
International Noodle Soup – Tom Yum Kung	344	12.0	6.9	56.1	6.6
International Noodle Soup – Bouillabaisse	350	16.1	7.2	52.2	4.6
▼Soup					
Hokkaido Corn Soup	115	2.5	3.1	19.3	1.6
▼Coffee					
MISDO Blend Coffee [Mug Cup]	7	0.4	0.0	1.2	0.0
MISDO Blend Coffee [Paper Cup]	9	0.4	0.0	1.5	0.0
MISDO Iced Coffee	6	0.3	0.0	1.1	0.0
▼Decaf Coffee					
Decaffeinated Coffee	9	0.4	0.0	1.5	0.0
Decaf Iced Coffee	5	0.2	0.0	0.8	0.0
▼Café au Lait					
MISDO Café au Lait [Mug Cup]	66	1.7	2.9	8.1	0.1
MISDO Café au Lait [Paper Cup]	82	2.1	3.6	10.2	0.1
MISDO Iced Café au Lait	67	1.7	3.1	8.2	0.1
▼Decaf Café au Lait					
Decaf Café au Lait	51	1.4	2.1	6.6	0.1
Decaf Iced Café au Lait	47	1.2	2.1	5.8	0.1
▼Royal Milk Tea					
Royal Milk Tea [Mug Cup]	64	1.6	3.0	7.6	0.1
Royal Milk Tea [Paper Cup]	80	2.0	3.8	9.6	0.1
Iced Royal Milk Tea	68	1.7	3.2	8.1	0.1
▼Tea					
Hot Tea – Darjeeling	3	0.3	0.0	0.3	0.0
Hot Tea – Darjeeling Milk	15	0.4	1.3	0.5	0.03
Hot Tea – Darjeeling Lemon	3	0.3	0.0	0.5	0.0
Iced Tea – Earl Grey	2	0.2	0.0	0.2	0.0
Iced Tea – Earl Grey Milk	15	0.4	1.3	0.4	0.03
Iced Tea – Earl Grey Lemon	3	0.2	0.0	0.4	0.0
Hot Jasmine Tea	3	0.3	0.0	0.0	0.0
Iced Jasmine Tea	2	0.2	0.0	0.0	0.0
Iced Oolong Tea	0	0.0	0.0	0.0	0.03

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	Energy kcal	Protein g	Fat g	Carbohydrate g	Salt equivalent g
▼Milk					
Hot Milk	123	5.9	7.2	8.7	0.2
Iced Milk	161	7.8	9.5	11.4	0.2
▼Rich Shake					
Madagascar Vanilla	277	7.5	5.1	50.4	0.4
Chocolate Fudge	364	8.4	15.9	46.8	0.4
▼Soft Drink					
Minute Maid Orange Juice	83	0.2	0.2	20.1	0.0
Aomori Fuji Apple 100% Juice	89	0.2	0.4	21.5	0.04
Coca Cola	103	0.0	0.0	25.8	0.0
Melon Soda	116	0.0	0.0	28.9	0.0
CALPIS	128	0.5	0.2	30.9	0.0
▼"KORI" Coffee					
"KORI" Coffee	143	7.0	8.0	10.8	0.2
Double "KORI" Coffee	203	10.0	11.2	15.9	0.3
▼Tapioca Drink					
Chewy Tapioca Brown Sugar Royal Milk Tea	282	1.5	2.6	63.0	0.1
Chewy Tapioca Brown Sugar Milk	333	5.2	6.0	64.6	0.2
▼【Only Available in Certain Shops】 Drink					
Mild Café Latte S	120	5.9	6.7	8.7	0.2
Mild Café Latte M	142	7.0	7.9	10.4	0.2
Iced Mild Café Latte S	102	5.0	5.7	7.4	0.2
Iced Mild Café Latte M	136	6.7	7.6	9.9	0.2
Chocolate Café Latte S	189	6.5	7.0	25.9	0.3
Chocolate Café Latte M	236	7.8	8.4	33.7	0.4
Iced Chocolate Café Latte S	163	5.6	6.0	22.7	0.3
Iced Chocolate Café Latte M	222	7.5	8.0	31.4	0.3
Hot Milk Chocolate	184	6.5	7.1	24.5	0.3
Iced Milk Chocolate	154	5.0	5.4	22.4	0.2
Double Espresso Latte	142	7.0	7.9	10.4	0.2
Iced Double Espresso Latte	137	6.8	7.6	10.2	0.2
Double "KORI" Coffee Latte	182	9.0	9.5	14.8	0.3

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	kcal	g	g	g	g
▼【Only Available in Certain Shops】 MISDO Pizza					
Margherita S	440	20.2	14.5	57.2	2.1
Margherita M	750	32.5	22.3	104.7	3.7
Margherita L	1119	46.8	31.7	161.1	5.4
Mochi, Teriyaki Chicken and Mayonnaise S	532	20.4	20.4	66.7	3.1
Mochi, Teriyaki Chicken and Mayonnaise M	1003	36.5	40.8	122.6	5.6
Mochi, Teriyaki Chicken and Mayonnaise L	1526	55.5	61.9	187	8.3
Six Cheese Pizza S	530	25.0	23.6	54.5	2.3
Six Cheese Pizza M	932	43.4	39.9	100.0	4.2
Six Cheese Pizza L	1393	63.9	58.0	154.1	6.2
Smoked Salmon & Avocado Cream Pizza S	495	19.5	19.9	59.5	2.7
Smoked Salmon & Avocado Cream Pizza M	840	32.6	31.3	107.0	4.5
Smoked Salmon & Avocado Cream Pizza L	1245	47.4	44.4	164.1	6.5
Shrimp & Lobster Sauce Pizza S	482	26.1	16.0	57.8	2.4
Shrimp & Lobster Sauce Pizza M	811	42.1	24.4	104.9	4.1
Shrimp & Lobster Sauce Pizza L	1203	59.9	34.7	161.5	6.1
(Half & Half) Margherita / Mochi, Teriyaki Chicken and Mayonnaise M	876	34.5	31.5	113.6	4.6
(Half & Half) Margherita / Mochi, Teriyaki Chicken and Mayonnaise L	1322	51.2	46.8	174.1	6.9
(Half & Half) Margherita / Six Cheese Pizza M	841	38.0	31.1	102.3	3.9
(Half & Half) Margherita / Six Cheese Pizza L	1256	55.4	44.8	157.6	5.8
(Half & Half) Margherita / Smoked Salmon & Avocado Cream Pizza M	795	32.5	26.8	105.8	4.1
(Half & Half) Margherita / Smoked Salmon & Avocado Cream Pizza L	1182	47.1	38.1	162.6	6.0
(Half & Half) Margherita / Shrimp & Lobster Sauce Pizza M	780	37.3	23.3	104.8	3.9
(Half & Half) Margherita / Shrimp & Lobster Sauce Pizza L	1161	53.4	33.2	161.3	5.8
(Condiments) Red Hot Chili Flakes	8	0.3	0.2	1.3	0.02
▼【Only Available in Certain Shops】 Donuts					
Home Cut	202	2.4	11.4	22.0	0.6
Honey Dough	237	2.4	11.4	31.0	0.6
Powdered	225	2.4	11.8	26.9	0.6
Cinnamon	214	2.4	11.5	24.8	0.6
Coconut	253	2.7	14.5	28.2	0.6
Butter Crunch	250	2.6	11.8	33.1	0.6
Plain Cruller	170	2.6	6.7	24.7	0.6
Sugar Cruller	183	2.7	6.8	27.5	0.6
Cinnamon Cruller	179	2.7	6.7	26.5	0.6
Twisty	307	5.0	16.9	33.5	0.8
Coffee Roll	325	4.9	19.1	32.8	0.8