

# Mister Donut Nutritional Information

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◆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 January 29, 2025

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
<b>▼miso meets PIERRE MARCOLINI</b>					
Chocolate Noir	428	4.7	29.0	36.6	0.4
Chocolate Noisette	355	3.5	24.6	29.4	0.4
Chocolate Mou Fashion	392	4.7	23.6	39.7	0.6
Chocolate Framboise Fashion	363	4.0	21.7	37.3	0.6
Chocolate d'Amande	327	4.3	21.9	26.9	0.4
Cœur Kokoro Framboise	348	5.4	18.6	39.5	0.4
Cœur Kokoro Caramel Salé	323	4.8	19.7	31.4	0.4
<b>▼Winter Donut Variety</b>					
Pon De Ring Golden & Strawberry	298	1.7	17.0	34.4	0.6
Chocolate Crunch Custard French	264	2.9	17.6	23.1	0.3
Coconut & Custard Fashion	474	4.6	29.6	47.1	0.8
<b>▼Pon De Ring Chocolate Series</b>					
Pon De Ring Chocolate	225	1.4	12.7	26.5	0.6
Pon De Ring Double Chocolate	250	1.8	16.3	23.8	0.6
Pon De Ring Crunch Chocolate	285	2.2	17.5	29.5	0.6
Pon De Ring Angel Chocolate	270	2.2	17.6	25.5	0.6
Pon De Ring Ganache Chocolate	275	2.0	18.1	25.8	0.6
<b>▼Crunchy Soft Dog</b>					
Crunchy Soft Dog – Mexican Meat	267	7.9	12.2	31.0	1.5
Crunchy Soft Dog – Egg	301	8.3	19.1	23.7	1.4
Crunchy Soft Dog – Curry	273	6.5	13.0	32.1	1.3
<b>▼Pon De Ring</b>					
Pon De Ring	219	1.2	11.8	26.9	0.6
Pon De Ring KOKUTO	202	1.2	11.9	22.4	0.6
Pon De Ring Angel	251	1.7	15.8	25.3	0.6
Pon De Ring Strawberry	245	1.3	15.6	24.5	0.6
Pon De Ring Plain	194	1.2	11.8	20.5	0.6
<b>▼Yeast Donut</b>					
Angel Cream	200	3.1	12.0	19.5	0.5
Custard Cream	222	3.4	11.8	25.2	0.5
Honey Dip	216	4.1	11.4	24.0	0.6
Sugar Raised	207	4.1	11.5	21.3	0.6
Chocolate Ring	250	4.6	15.5	22.6	0.6
Strawberry Ring	251	4.2	15.7	22.9	0.6
White Chocolate Ring	264	4.3	15.9	25.7	0.6
Cinnamon Ring	215	4.1	11.6	23.2	0.6
<b>▼French Cruller</b>					
French Cruller	148	1.5	9.2	14.3	0.2
Angel French	186	2.1	13.7	13.1	0.2
Strawberry Custard French	199	2.0	13.7	16.4	0.3

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	kcal	g	g	g	g
<b>▼Old Fashion</b>					
Old Fashion	281	3.4	17.0	28.0	0.7
Chocolate Old Fashion	318	3.7	19.7	30.7	0.7
Old Fashion Honey	342	3.4	17.0	43.8	0.7
Old Fashion Cinnamon	289	3.4	17.0	29.9	0.7
<b>▼Chocolate</b>					
Chocolate	245	2.9	13.9	26.8	0.5
Double Chocolate	271	3.4	17.3	24.7	0.5
Golden Chocolate	274	3.2	14.4	32.5	0.5
Coconut Chocolate	268	3.2	16.6	26.5	0.5
<b>▼Churro</b>					
Honey Churro	205	3.3	10.1	24.9	0.6
Chocolate Churro	270	4.1	16.5	25.8	0.6
Strawberry Churro	272	3.5	16.8	26.3	0.6
<b>▼Chewy Fruit Stick</b>					
Chewy Fruit Stick Plain	136	2.4	5.3	20.3	0.5
Chewy Fruit Stick Cinnamon	140	2.4	5.3	21.2	0.5
Chewy Fruit Stick Honey	144	2.4	5.3	22.2	0.5
<b>▼Pie</b>					
Hot & Sweet Pie Apple	264	3.4	13.5	32.5	0.5
Hot & Savory Pie BBQ Frankfurter	311	6.8	21.5	24.1	1.5
Shrimp Gratin Pie	236	5.5	13.2	23.4	0.9
Taiwanese Pepper Bun-Style Pie	269	5.5	14.8	28.1	1.0
Taiwanese Sesame Dumpling-Style Pie	296	3.9	14.6	38.1	0.4
<b>▼Muffin</b>					
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 – Caramel & Almond	298	3.4	13.8	40.2	0.9
<b>▼Donuts that do not contain specific allergenic ingredients</b>					
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
<b>▼Donut Pop</b>					
Donut Pop – Angel Cream Ball	37	0.5	2.2	3.6	0.1
Donut Pop – Pon De Ring Strawberry Ball	46	0.2	2.9	4.7	0.1
Donut Pop – Old Fashion Ball	60	0.6	4.2	4.8	0.1
Donut Pop – Chocolate Fashion Ball	72	0.7	5.1	5.7	0.1
Donut Pop – Strawberry Fashion Ball	72	0.6	5.1	5.7	0.1
Donut Pop – Golden Chocolate Ball	49	0.6	2.2	6.7	0.1
Donut Pop – Coconut Chocolate Ball	48	0.6	2.8	5.2	0.1
Donut Pop – Pon De Ring Ball	36	0.2	1.9	4.5	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	46	0.3	2.9	4.6	0.1
Donut Pop – Strawberry Ball	34	0.4	2.3	2.9	0.1
Donut Pop – Old Fashion KOKUTO Ball	64	0.6	4.2	5.7	0.1

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	Energy kcal	Protein g	Fat g	Carbohydrate g	Salt equivalent g
<b>▼Fancy Donut</b>					
Dotted Chocolate Donut	287	3.5	18.2	26.6	0.5
Dotted Chocolate Donut – Strawberry	288	3.2	18.4	26.9	0.6
<b>▼Hot Dog</b>					
Hot Dog	342	11	19.8	28.5	2.1
Cheese Hot Dog	377	13.2	22.7	28.4	2.2
<b>▼Pizzetta</b>					
Quattro Cheese Pizzetta	263	9.4	11.5	30.5	1.0
Taiwanese-Style Braised Pork Pizzetta	248	10.3	9.1	31.2	1.2
<b>▼Yam Cha</b>					
Soy Sauce Noodles	229	8.4	1.1	43.7	3.7
Sichuan Dandan Noodles	532	16.9	27.7	51.9	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
Taiwanese-Style Braised Pork Noodles	411	19.3	12.1	53.7	4.9
Taiwanese-Style Soy Milk Vegetable Noodles	347	13.3	8.4	52.0	4.3
Taiwanese-Style Hot & Sour Chicken Noodle Soup	341	15.2	8.0	49.5	5.0
<b>▼Soup</b>					
Hokkaido Corn Soup	115	2.5	3.1	19.3	1.6
<b>▼Coffee</b>					
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
<b>▼Decaf Coffee</b>					
Decaffeinated Coffee	9	0.4	0.0	1.5	0.0
Decaf Iced Coffee	5	0.2	0.0	0.8	0.0
<b>▼Café au Lait</b>					
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
<b>▼Decaf Café au Lait</b>					
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
<b>▼Royal Milk Tea</b>					
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

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	kcal	g	g	g	g
<b>▼Tea</b>					
Hot Tea – Darjeeling	3	0.3	0.0	0.3	0.0
Hot Tea – Darjeeling Milk	14	0.4	1.1	0.4	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	13	0.3	1.1	0.4	0.0
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	0.0
<b>▼Milk</b>					
Hot Milk	123	5.9	7.2	8.7	0.2
Iced Milk	161	7.8	9.5	11.4	0.2
<b>▼Rich Shake</b>					
Madagascar Vanilla	277	7.5	5.1	50.4	0.4
Chocolate Fudge	364	8.4	15.9	46.8	0.4
<b>▼Soft Drink</b>					
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	0.0
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
<b>▼"KORI" Coffee</b>					
"KORI" Coffee	143	7.0	8.0	10.8	0.2
Double "KORI" Coffee	203	10.0	11.2	15.9	0.3
<b>▼Tapioca Drink</b>					
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
<b>▼Taiwanese Fen Guo Fruit Tea</b>					
Taiwanese Fen Guo Fruit Tea – Peach & Mixed Berry	211	0.6	0.0	52.1	0.0
Taiwanese Fen Guo Fruit Tea – Mango & Passion Fruit	212	0.8	1.0	49.7	0.0
<b>▼【Only Available in Certain Shops】 Drink</b>					
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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▼【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	1,119	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	1,003	36.5	40.8	122.6	5.6
Mochi, Teriyaki Chicken and Mayonnaise L	1,526	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	1,393	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	1,245	47.4	44.4	164.1	6.5
Shrimp with Lobster Sauce Pizza S	482	26.1	16.0	57.8	2.5
Shrimp with Lobster Sauce Pizza M	811	42.1	24.4	104.8	4.2
Shrimp with Lobster Sauce Pizza L	1,203	59.9	34.7	161.3	6.2
(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	1,322	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	1,256	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	1,182	47.1	38.1	162.6	6.0
(Half & Half) Margherita / Shrimp with Lobster Sauce Pizza M	780	37.3	23.3	104.7	3.9
(Half & Half) Margherita / Shrimp with Lobster Sauce Pizza L	1,161	53.4	33.2	161.2	5.8
(Condiments) Red Hot Chili Flakes	8	0.3	0.2	1.3	0.002
▼【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	11.7	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	27.6	0.6
Cinnamon Cruller	179	2.7	6.7	26.6	0.6
Twisty	336	5.2	20.3	32.6	0.8
Coffee Roll	347	5.1	22.0	31.5	0.8