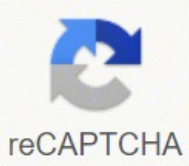




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Dunkin donuts new refresher nutrition facts

With nearly 10,000 locations nationwide, Dunkin' Donuts allow diners to stop in for a quick breakfast or afternoon pick-me-up. With a wide selection of donuts, coffees, and breakfast sandwiches, Dunkin' has plenty of options to match your diet and your flavor preferences. And you can likely order your morning coffee and donut for \$5 or less. While nutrient-dense food can be rare at a donut shop, some menu items offer more nutrition (and fewer calories, fat, sodium, and sugar) than others. Check the menu and nutrition information before you go, and keep in mind that donuts with multiple toppings and cream fillings are most likely to be higher in calories. If you enjoy a donut in the morning, balance out your diet during the rest of the day by eating foods that are lower in sugar, higher in fiber, and that are good sources of lean protein. What to Order & Avoid at Dunkin' Donuts Most Nutritious Options Least Nutritious Options Coffee, No Milk or Sugar (Espresso & Coffee) Caramel Craze Signature Latte with Whole Milk (Espresso & Coffee) Cool Mint Herbal Infusion Tea (Teas & More) White Mocha Hot Chocolate (Teas & More) Frozen Matcha Latte With Skim Milk (Frozen Drinks) French Vanilla Swirl Frozen Coffee (Frozen Drinks) Veggie Egg White Wake-Up Wrap With Ham (Sandwiches & More) Sausage, Egg & Cheese Croissant (Sandwiches & More) Hash Browns (Snacks & Wraps) Stuffed Bagel Minis (Snacks & Wraps) Multigrain Thin (Bagels & Muffins) Coffee Cake Muffin (Bagels & Muffins) Sugared Donut (Donuts) Glazed Jelly Stick (Donuts) The veggie egg white wake-up wrap is a nutritious pick for breakfast when you're visiting your local Dunkin' Donuts. You'll start your day with healthy protein and a serving of vegetables when you choose this menu item. Famous for its signature blend, Dunkin' Donuts coffee is a favorite among patrons. Choosing coffee with no sweeteners, milk, or other flavorings will help lower your sugar intake. A medium coffee served black (with no milk and no sugar) will provide 5 calories, 0g fat, 0g saturated fat, 0g carbohydrates, 1g protein, and 10mg sodium. With 210mg caffeine, you'll reap the benefits of coffee for a low amount of calories and sodium. If you'd like added cream, add coconut milk or skim milk for 15 or 20 calories, respectively. A medium caramel craze signature latte with whole milk provides 410 calories, 14g fat, 8g saturated fat, 61g carbohydrates, 11g protein, 57g sugars, and 190mg sodium. This is a high-sugar item on the Dunkin' Donuts menu. If craving this particular flavor, you can reduce calories and sugar by opting for the smallest size and choosing skim milk. You can also order a regular latte with caramel flavor (this will come without the whipped cream topping), which will save you 80 calories. Dunkin' Donuts' Teas & More menu offers everything from hot and cold brewed tea to hot chocolate, tea lattes, and its famous Dunkaccino drinks. Similar to its coffee selection, choosing a simple brew with no added sweeteners or milk provides the most nutritious drink. Dunkin' notes that a medium cool mint herbal infusion tea has "no nutritional significance" and has 0 calories, 0g fat, 0g carbohydrates, 0g protein, 0mg sodium, and 0g sugar. It also has 0mg caffeine. The medium-sized white mocha hot chocolate provides 360 calories, 15g fat, 12g saturated fat, 103g carbohydrates, 5g protein, 87g sugar, and 370mg sodium. If craving a hot chocolate, choose the original or espresso flavors instead of the white mocha. These deliver 330 and 280 calories, respectively, in a medium-sized drink. From frozen coffee and chocolate to matcha lattes and Coolattas, the frozen drinks at Dunkin' Donuts may be the most sugary options of all (even beating out some baked goods). A medium-sized frozen matcha latte with skim milk has 360 calories, 0g fat, 0g saturated fat, 83g carbohydrates, 6g protein, 82g sugar, and 70mg sodium. Overall, it's the lowest-calorie option from the frozen drinks selection, but the high sugar still makes it an ultra-sweet treat. The French vanilla swirl frozen coffee provides 680 calories, 9g fat, 6g saturated fat, 141g carbohydrates, 8g protein, 132g sugars, 180mg sodium. This is one of the highest-calorie drinks on the Dunkin' menu, and has 238% of your daily value of added sugars. If you're looking to order a frozen coffee, choose the original flavor instead. A medium serving will have 410 calories, 4.5g fat, 2.5g saturated fat, 88g carbohydrates, 5g protein, 84g sugar, 115mg sodium. The breakfast sandwich menu at Dunkin' Donuts features classic bacon-egg-and-cheese varieties and more, all served on croissants, bagels, muffins, wraps, or multigrain thins. The veggie egg white Wake-Up Wrap with ham has 170 calories, 8g fat, 3.5g saturated fat, 15g carbohydrates, 9g protein, and 650mg sodium. This wraps come with egg, cheese, and your choice of protein (or skip the protein for a vegetarian option), so you can choose between ham, bacon, sausage, and turkey sausage. Ham makes for the lowest-calorie option. Dunkin's sausage, egg, and cheese croissant sandwich has 720 calories, 52g fat, 20g saturated fat, 42g carbohydrates, 21g protein, and 1,120mg sodium. In general, ordering any sandwich on a bagel or English muffin will help to cut down nearly 40 to 160 calories, respectively, so consider swapping out the croissant for a different bread choice. The snacks and wraps menu also features the wake-up wrap, as well as hash browns, bacon, and stuffed bagel minis, all made for easy snacking on-the-go. The toasted and seasoned hash browns make a handy accompaniment to a meal, or can be ordered on their own as a small snack. One 6-piece serving has 130 calories, 6g fat, 1g saturated fat, 12g carbohydrates, 5g protein, and 420mg sodium. Dunkin's stuffed bagel minis are tiny bagel bites with cream cheese filling. A 2-piece serving has 260 calories, 12g fat, 7g saturated fat, 34g carbohydrates, 8g protein, and 400mg sodium. While the donuts menu at Dunkin' Donuts is the most robust, the chain also has a relatively large selection of bagels and muffins available. From classic bagels with cream cheese to sweet and savory muffins, there's something for everyone—and every flavor craving—here. The multigrain thin is the most nutritious bagel option, providing 150 calories, 4g fat, 0.5g saturated, fat, 24g carbohydrates, 6g protein, and 220mg sodium. Keep in mind that these nutritional values do not include any cream cheese or other toppings. On the sweet end, the coffee cake muffin is the highest-calorie choice. It has 590 calories, 24g fat, 8g saturated fat, 88g carbohydrates, 7g protein, 51g sugars, and 370mg sodium. One alternative is the corn muffin, with 460 calories and 30g sugar. Dunkin' Donuts' namesake product is also its most popular. Boasting dozens of regular donut flavors—as well as seasonal and regional varieties—the chain has sweet options for every diner. The classic sugared donut is also the most nutritious donut on the menu. It has 240 calories, 11g fat, 4.5g saturated fat, 33g carbohydrates, 4g protein, 13g sugars, and 270mg sodium. If you love donuts, you've got plenty of varieties to choose from. Many of the popular donuts have 300 to 400 calories each. But some treats come in a little lower: Apple 'n Spice Donut: 230 caloriesFrench Cruller: 230 caloriesBavarian Kreme Donut: 240 caloriesGuava Donut: 240 caloriesJelly Donut: 250 caloriesChocolate Frosted Donut: 260 caloriesMaple Frosted Donut: 260 caloriesStrawberry Frosted Donut: 260 caloriesVanilla Frosted Donut: 260 caloriesChocolate Frosted Donut With Sprinkles: 270 caloriesDulce de Leche Donut: 270 caloriesGlazed Lemon Donut: 270 caloriesStrawberry Frosted Donut With Sprinkles: 270 caloriesVanilla Frosted Sprinkles Donut: 270 caloriesGlazed Strawberry Donut: 280 caloriesThe glazed jelly stick is the highest-calorie donut, coming in at 540 calories, 30g fat, 15g saturated fat, 66g carbohydrates, 4g protein, 37g sugars, and 430mg sodium. Dunkin' also offers some other stick donuts and specialty pastries that come with a higher calorie count: Apple Fritter: 510 caloriesBismark: 480 caloriesLemon Stick: 470 caloriesMaple Creme Stick: 460 calories For a bite-sized sweet treat or to sample several different donut flavors, try Dunkin's Munchkins donut hole treats. Depending on the location, Dunkin' serves up to eight different Munchkins flavors, ranging from classic glazed to jelly-stuffed or chocolate.The old-fashioned Munchkin provides 50 calories, 3g fat, 1.5g saturated fat, 6g carbohydrates, 1g protein, 2g sugars, and 65mg sodium per donut hole. Dunkin' Donuts offers options for patrons on a gluten-free, low-carb, low-fat, low-sodium, vegetarian, and vegan diets, but does not have many options for those on a diabetes-friendly or low-FODMAP diet. While most drinks at Dunkin' Donuts—including hot and iced coffees and teas, as well as its signature Coolattas and Dunkaccinos—are gluten-free, the only two food options for gluten-free diets are hash browns and snackin' bacon. Hash brownsHot coffee, tea, Americano, cappuccino, espresolced coffee, cold brewCoolattasDunkaccinos There are not any low-carb ready-to-go meals at Dunkin' Donuts. If you're looking for a meal, you can order a breakfast sandwich (whatever combination of egg, cheese, and meat you prefer) without the bread. That'll help keep your meal low-carb. Hot coffee, tea, Americano, cappuccino, espresolced coffee, cold brewBreakfast sandwiches (without bread, bagel, muffin, or croissant) Hot coffee or hot tea is a good bet to keep to a low-fat diet at Dunkin' Donuts. But if you're looking for a sweet treat, the frozen Coolatta also has 0g fat in a medium serving. Hot coffee, tea, Americano, cappuccino, espresolced coffee, cold brewFrozen coffeeCoolattaVeggie Egg White Wake-Up WrapHash brownsMultigrain thin (no butter or cream cheese) While many drinks fall under the low-sodium label, only the French cruller donut has a low-sodium designation. It contains 135mg sodium. French crullerHot coffee, tea, Americano, cappuccino, espresso with skim milkIced coffee, cold brew with skim milk It's easy to stick to a vegetarian diet at Dunkin' Donuts. Order any donut, or opt for an egg and cheese sandwich if you're looking for more protein. Egg and cheese sandwichVeggie egg white omelet or wrapAll donutsHash brownsAll espresso, coffee, tea, and frozen drinks People who follow a vegan diet can enjoy regular coffee and tea options at Dunkin' Donuts—just make sure to order with a non-dairy milk such as almond, oat, or coconut. Hot and iced espresso, coffee, and tea, with almond, oat, or coconut milkRefreshersHash brownsEnglish muffinBagel (without cream cheese) While Dunkin' Donuts does offer options for several different diets, it does note that products may have come into contact with allergens throughout the preparation process. When looking to avoid certain allergens (wheat, soy, dairy, eggs, or milk), it's best to ask about ingredients when ordering. Sticking with coffee or tea (and ordering alternative milks when needed) can help you avoid some of the most common allergens. For a breakfast meal or as a sweet treat, Dunkin' Donuts offers plenty of options. Sticking to a simple, non-sugary drink can help keep your calorie intake low and sharing sweet bakery items with friends can help create a lower-sugar meal. Remember that the calorie count of your meal is not just about what you eat, but also about how much you eat. If you want to visit Dunkin' Donuts but consume less fat, sugar, or calories, eat a small serving of whatever you love and then you can walk out the door satisfied.

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