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What to eat at dunkin donuts on keto

This post may contain affiliate links. All opinions shared are my own. As an Amazon Associate I earn from qualifying purchases. Click to view our full disclosure. These Keto Dunkin Donuts orders are perfect for fat burners! Check out these foods and drinks you can order today at the donut restaurant without messing up your diet. With all those icing-topped pastries and sugar-filled drinks, you might think that Dunkin' Donuts is off-limits to anyone on a low carb diet. But surprisingly, there are a variety of great options to pick from when looking for keto Dunkin' Donuts menu items. **This is a list of what I've found to be keto-friendly. I recommend always double checking your order's macros.**

Tips for Ordering Keto at Dunkin' Donuts Going out to eat while you're watching your carbs is always a gamble. And that can be especially true at places like Dunkin' Donuts. But with a few adjustments and a little bit of knowledge beforehand, you can make some great keto choices at your favorite donut shop. 5 Tips to Ordering Keto at Dunkin Donuts

Skip the carb-filled options. While it may be obvious that enjoying a donut or pastry is out of the question when on keto, it's also important to remember that breads and wraps are also off-limits. That means you'll need to make some adjustments to your order to keep the carbs off your food. Make sure to let the cashier know that you you're avoiding bread and sugar. Keep your coffee simple. The coffee menu at Dunkin' Donuts is packed with options. But most of those drinks are made with high-carb milks and sugar-filled syrups. That's why it's a good idea to keep it simple and avoid any fancy add-ins. Quench your thirst with simple options. There are a few basic drink options that are always a good choice at any restaurant. Ordering water, black coffee, diet soda, or unsweetened tea to ensure you don't drink your carbs while enjoying your meal. Always check the ingredients. While the restaurant does offer some sugar free options, it's always a good idea to check the nutrition information before placing your order. Some of those mix-ins still contain carbs, which could cause issues when you're on keto. Use the app – The app can help you see the ingredients and macros before you ever arrive in the store. Keto Dunkin' Donuts Coffee Drinks

One of the best parts about going to Dunkin is the coffee. And lucky for you, the restaurant has a variety of great low carb options when it comes to coffee. The next time you need a caffeine fix, try ordering one of the follow drink ideas!

6 Dunkin' Donuts keto menu options:

Coffee: Black coffee plain or with almond milk or cream

Iced coffee: Black coffee plain or with almond milk or cream

Cold brew: Black cold brewed coffee plain or with cream

Americano: Two shots of espresso with water

Iced Americano: Two shots of espresso with water served over ice

Espresso: plain espresso shot

Along with the traditional coffee options, the chain also offers customers the choice of a variety of flavor shots. These add-ins are unsweetened and sugar free allowing you to add more flavor to your coffee without added carbs. Just make sure not to confuse these flavor shots with flavor swirls, which do include sugar and can significantly increase the carb count in your coffee drinks.

6 Dunkin Donuts sugar-free flavor shots:

Vanilla

Hazelnut

Toasted almond

Blueberry

Raspberry

Coconut

Low Carb Drinks at Dunkin' donuts

In addition to coffee, the restaurant also has a variety of other drinks to choose from. These low-carb drinks are a great choice when you're on keto:

Hot tea: Choose from black tea, chamomile fields herbal infusion, cool mint herbal infusion, decaf black tea, harmony leaf green tea, and hibiscus kiss herbal infusion

Iced tea: Unsweetened iced tea or green tea with optional raspberry or blueberry flavoring

Keto Breakfast at Dunkin Donuts

On top of delicious drinks, you also have your pick of breakfast options at Dunkin' Donuts. Keto Dunkin' Donuts Breakfast Ideas

Sausage, egg and cheese sandwich, with no croissant: Breakfast sausage patty and egg topped with American cheese

Bacon, egg, and cheese sandwich, with no bagel: Bacon strips and egg, topped with American cheese

Beyond sausage breakfast sandwich, with no English muffin: Beyond (plant-based) sausage patty and egg topped with aged white cheddar

Turkey sausage, egg, and cheese sandwich, with no English muffin: Turkey sausage patty and egg, topped with American cheese

Ham, egg slices and egg, topped with American cheese

Egg and cheese sandwich, with no English muffin: Egg and American cheese

Veggie egg white omelet, with no multigrain bread: Egg white omelet with spinach, bell peppers, onions, and olive oil topped with aged white cheddar

Power breakfast sandwich, with no multigrain bread: Egg white omelet with spinach, bell peppers, onions, and olive oil, topped with turkey sausage and aged white cheddar

Sourdough breakfast sandwich, with no sourdough bread: Two eggs, five slices of bacon, and aged white cheddar

Cheese Wake-up wrap, with no wrap: Pick your choice of protein, egg or egg whites, and a slice of cheese

If you're really craving an english muffin, check out our 2 Minute Keto English Muffin Recipe!

We also have a chocolate protein donut recipe you might like!

We also have a guide to easily order keto at Chipotle!

How do you order keto at Dunkin' Donuts? Show us on Instagram!

@SoreyFitness

Dunkin' Donuts Original Iced Coffee is not keto-friendly because it is a high-carb beverage that contains unhealthy ingredients.

Dunkin' Donuts Original Iced Coffee should be avoided on keto because it is high in net carbs (7.33g of net carbs per 240ml serving).

It is important to limit your net carb consumption to 20g - 30g per day to stay in ketosis. You can calculate your ideal daily net carb allowance by using this keto macros calculator.

As an alternative, you may look for other iced coffee brands that are low in net carbs. Sugar is a high-glycemic sweetener that will raise your blood sugar levels and prevent you from reaching ketosis.

As an alternative, you may look for other iced coffee brands that use keto-friendly sweeteners like stevia, monk fruit, or erythritol.

You can check out our full list of best and worst sweeteners for keto here.

Dunkin Donuts shouldn't be your first choice when eating out on the keto diet. However, you can make it work if you have no other options. You'll need to resist the donuts and flavored coffee! The casual dining spot offers all-day breakfast sandwiches. This means you'll always have access to meat, cheese, and eggs, which you can order without the bread to keep it low-carb.

Here are the low carb and keto-friendly options you can order at Dunkin Donuts, based on the nutrition information. Follow these tips so you know what to say when ordering.

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Sausage, Egg and Cheese Breakfast Sandwich

The breakfast sandwiches are offered on an English muffin, bagel, biscuit, or croissant. You will want to order your sandwich without any breading to keep it low-carb.

A sausage, egg, and cheese sandwich on a bagel contains 680 calories, 34 grams of fat, 68 grams of carbs, 5 grams of fiber, and 26 grams of protein.

According to the nutrition PDF, a plain bagel contains 300 calories, 1 gram of fat, 64 grams of carbs, 4 grams of fiber, and 11 grams of protein.

This means that your sausage, egg, and cheese biscuit minus the bagel will contain around 380 calories, 33 grams of fat, 1 gram of net carbs, and 25 grams of protein.

How to order: ask for a sausage, egg, and cheese biscuit without the bread.

Egg White Veggie Multigrain Flatbread Sandwich

An egg white veggie flatbread sandwich on multigrain bread contains 240 calories, 10 grams of fat, 25 grams of carbs, 4 grams of fiber, and 14 grams of protein.

A piece of multigrain flatbread contains 150 calories, 4 grams of fat, 24 grams of carbs, 4 grams of fiber, and 6 grams of protein.

If you order the sandwich without the bread, it will contain 90 calories, 6 grams of fat, 1 gram of net carbs, and 10 grams of protein.

How to order: ask for an egg white veggie breakfast sandwich minus the bread.

You may want two if you need more than just a snack!

Ham, Egg, and Cheese Breakfast Sandwich

A ham, egg, and cheese breakfast sandwich on a croissant contains 530 calories, 32 grams of fat, 40 grams of carbs, 1 gram of fiber, and 19 grams of protein.

A plain croissant contains 340 calories, 19 grams of fat, 37 grams of carbs, 1 gram of fiber, and 6 grams of protein.

This means that the ham, egg, and cheese croissant minus the croissant contains around 190 calories, 13 grams of fat, 3 grams of net carbs, and 13 grams of protein.

How to order: ask for a ham, egg, and cheese breakfast sandwich minus the bread.

Bacon, Egg, and Cheese Breakfast Sandwich

A bacon, egg, and cheese sandwich on an English muffin contains 400 calories, 19 grams of fat, 39 grams of carbs, 1 gram of fiber, and 18 grams of protein.

An English muffin contains 190 calories, 2 grams of fat, 35 grams of carbs, 1 gram of fiber, and 6 grams of protein.

If you order this sandwich without the English muffin, it will contain around 210 calories, 17 grams of fat, 4 grams of net carbs, and 12 grams of protein.

How to order: ask for a bacon, egg, and cheese sandwich without any bread.

Turkey Sausage English Muffin

A turkey sausage breakfast sandwich without the English muffin contains 270 calories, 5 grams of fat, 4 grams of net carbs, and 20 grams of protein.

How to order: ask for a turkey sausage breakfast sandwich without the bread or any sides.

Ask for two if you need something heartier!

Egg and Cheese English Muffin

An egg and cheese breakfast sandwich without the English muffin contains 150 calories, 13 grams of fat, 4 grams of net carbs, and 8 grams of net carbs.

How to order: ask for an egg and cheese breakfast sandwich without the bread.

Top with bacon if desired!

Egg and Turkey Sausage Wake-Up Wrap

Dunkin Donuts makes Wake-Up wrap that you can get with eggs and your choice of meat. It comes on a flour tortilla.

You will need to ask for your sandwich without the bread or throw it away as soon as you get it.

An egg and turkey sausage wake-up wrap contains 240 calories, 14 grams of fat, 15 grams of carbs, and 13 grams of protein.

However, most of these carbs are found in the flour tortilla.

How to order: ask for an egg and turkey sausage wake-up wrap without the flour tortilla.

Egg and Ham Wake-Up Wrap

An egg and ham wake-up wrap contains 190 calories, 11 grams of fat, 15 grams of carbs, and 9 grams of protein.

You can omit almost all of these carbs by holding the bread.

How to order: ask for an egg and ham wake-up wrap without the flour tortilla.

Veggie Egg White and Turkey Sausage Wake-Up Wrap

At the time of this writing, there is no nutritional information available online for a veggie egg white and turkey sausage wrap-up sandwich.

However, a veggie egg white wake-up wrap (without sausage) contains 150 calories, 7 grams of fat, 15 grams of carbs, 1 gram of fiber, and 7 grams of protein.

You can minimize the carbs and get some low-carb veggies in by asking for no flour tortilla.

Adding turkey sausage should not increase the carb count.

How to order: ask for a veggie egg white and turkey sausage wake-up wrap minus the flour tortilla.

Double Sausage Breakfast Sandwich

According to the nutritional information, Dunkin Donuts offers a double sausage breakfast sandwich. It contains 890 calories, 53 grams of fat, 68 grams of carbs, 5 grams of fiber, and 35 grams of protein.

You can eliminate most of the carbs by asking for no bread.

Add cheese, egg or bacon if desired!

How to order: ask for a double sausage breakfast sandwich without the bread.

Conclusion

You shouldn't seek out Dunkin Donuts if you are trying to eat low-carb. However, they have some low-carb options if you must eat here.

Dunkin Donuts offers breakfast sandwiches all day. We recommend ordering a sausage, egg, bacon, and cheese sandwich without the bread.

Skip the sugary coffee drinks and stick with black coffee, water, or unsweetened tea.

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Donuts- This is an obvious one, but just don't do it!

Flavor Swirls- These are the sugar version of flavor shots. Equate them to regular pumps of sugar syrup.

Refreshers- Don't get the thought of refreshers mixed up with iced tea. Refreshers unlike iced tea (unsweetened traditionally) are sugar laden drinks. Each refresher has between 20-35g of sugar per medium drink.

Steamed Milk- Steamed milk has a lot more carbs than cream or coconut milk at dunkin would so you will want to avoid the extra 12g of carbs per cup.

Whipped Cream- Whipped cream is delicious and certainly keto friendly in small amounts, but the cream at dunkin is sweetened and full of more sugar than you want.

Buns and Wraps- If you want a breakfast sandwich or wrap don't forget to say no bun please!

How to Stay Keto at Dunkin Donuts

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Gone are your days of ordering sugary holiday drinks and limited edition lattes. That sugary iced coffee just wouldn't be keto friendly.

Order all iced tea/ coffee unsweetened- This is normally standard practice, but sometimes baristas will add sweetener to your iced coffee or iced tea if you aren't careful.

When it comes to food, skip the bun!

Say no to breakfast bagels and sausage, egg, and cheese breakfast sandwiches. Rather, opt for just that delicious meat, egg, and cheese without the extra carbs.

When ordering flavor shots make sure it's unsweetened- We touch on this below, but dunkin uses keto friendly flavor shots instead of sugar free syrups. Just make sure you still say you want the unsweetened french vanilla, hazelnut, or blueberry flavor shots to avoid any sugar confusion.

Those are our best ordering tips so you can walk in confident like a pro. Make sure to check out the list of items we avoid in order to have the best keto experience. Making Keto Drinks at Dunkin Donuts

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Coffee Bases

You have quite a few coffee base options for keto dunkin donuts drinks. Most carb counts in coffee is only 1-2 grams and usually 5-10 calories depending on size, but starting with the hot drinks we have:

A Single Shot of Espresso: There are 5 calories, 0g fat, 1g carbs, 0g fiber, 0g sugar, 0g protein, and 1g net carbs

A Classic Americano (hot or iced) (Size: medium) has: 10 calories, 0g fat, 2g carbs, 0g fiber, 0g sugar, 0g protein, and 2g net carbs

Regular Hot Coffee (hot or iced) (Size: Medium) has: 5 calories, 0g fat, 0g carbs, 0g fiber, 0g sugar, 1g protein, and 0g net carbs

Cold Brew Coffee (iced) (Size: medium) has: 5 calories, 0g fat, 1g carbs, 0g sugar, 0g protein, and 1g net carbs

White and Turkey Sausage Wake-Up Wrap

At the time of this writing, there is no nutritional information available online for a veggie egg white and turkey sausage wrap-up sandwich.

However, a veggie egg white wake-up wrap (without sausage) contains 150 calories, 7 grams of fat, 15 grams of carbs, 1 gram of fiber, and 7 grams of protein.

You can minimize the carbs and get some low-carb veggies in by asking for no flour tortilla.

Adding turkey sausage should not increase the carb count.

How to order: ask for a veggie egg white and turkey sausage wake-up wrap minus the flour tortilla.

Double Sausage Breakfast Sandwich

According to the nutritional information, Dunkin Donuts offers a double sausage breakfast sandwich. It contains 890 calories, 53 grams of fat, 68 grams of carbs, 5 grams of fiber, and 35 grams of protein.

You can eliminate most of the carbs by asking for no bread.

Add cheese, egg or bacon if desired!

How to order: ask for a double sausage breakfast sandwich without the bread.

Conclusion

You shouldn't seek out Dunkin Donuts if you are trying to eat low-carb. However, they have some low-carb options if you must eat here.

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Refreshers- Don't get the thought of refreshers mixed up with iced tea. Refreshers unlike iced tea (unsweetened traditionally) are sugar laden drinks. Each refresher has between 20-35g of sugar per medium drink.

Steamed Milk- Steamed milk has a lot more carbs than cream or coconut milk at dunkin would so you will want to avoid the extra 12g of carbs per cup.

Whipped Cream- Whipped cream is delicious and certainly keto friendly in small amounts, but the cream at dunkin is sweetened and full of more sugar than you want.

Buns and Wraps- If you want a breakfast sandwich or wrap don't forget to say no bun please!

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Cold Brew Coffee (iced) (Size: medium) has: 5 calories, 0g fat, 1g carbs, 0g sugar, 0g protein, and 1g net carbs

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However, a veggie egg white wake-up wrap (without sausage) contains 150 calories, 7 grams of fat, 15 grams of carbs, 1 gram of fiber, and 7 grams of protein.

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Double Sausage Breakfast Sandwich

According to the nutritional information, Dunkin Donuts offers a double sausage breakfast sandwich. It contains 890 calories, 53 grams of fat, 68 grams of carbs, 5 grams of fiber, and 35 grams of protein.

You can eliminate most of the carbs by asking for no bread.

Add cheese, egg or bacon if desired!

How to order: ask for a double sausage breakfast sandwich without the bread.

Conclusion

You shouldn't seek out Dunkin Donuts if you are trying to eat low-carb. However, they have some low-carb options if you must eat here.

Dunkin Donuts offers breakfast sandwiches all day. We recommend ordering a sausage, egg, bacon, and cheese sandwich without the bread.

Skip the sugary coffee drinks and stick with black coffee, water, or unsweetened tea.

More keto eat out guides you can read:

Keto at Popeyes

Keto at Five Guys

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Love your morning cup of dunkin donuts coffee but aren't sure how to make it keto? We've got you covered with everything from coffee and tea to breakfast and snacks!

Here's your keto Dunkin Donuts options... What to Avoid at Dunkin Donuts

Need help knowing what's keto and what isn't? Low carb can be hard to navigate, but it doesn't have to be. Check out this short list on what to avoid at Dunkin, and read our full guide of keto fast food options.

Donuts- This is an obvious one, but just don't do it!

Flavor Swirls- These are the sugar version of flavor shots. Equate them to regular pumps of sugar syrup.

Refreshers- Don't get the thought of refreshers mixed up with iced tea. Refreshers unlike iced tea (unsweetened traditionally) are sugar laden drinks. Each refresher has between 20-35g of sugar per medium drink.

Steamed Milk- Steamed milk has a lot more carbs than cream or coconut milk at dunkin would so you will want to avoid the extra 12g of carbs per cup.

Whipped Cream- Whipped cream is delicious and certainly keto friendly in small amounts, but the cream at dunkin is sweetened and full of more sugar than you want.

Buns and Wraps- If you want a breakfast sandwich or wrap don't forget to say no bun please!

How to Stay Keto at Dunkin Donuts

Need to make the best possible keto Dunkin Donut options? Here we will share some good tips for ordering keto friendly options at dunkin. To keep with the rules of a keto diet start by: Ordering only plain coffee drinks and then customizing it accordingly.

Gone are your days of ordering sugary holiday drinks and limited edition lattes. That sugary iced coffee just wouldn't be keto friendly.

Order all iced tea/ coffee unsweetened- This is normally standard practice, but sometimes baristas will add sweetener to your iced coffee or iced tea if you aren't careful.

When it comes to food, skip the bun!

Say no to breakfast bagels and sausage, egg, and cheese breakfast sandwiches. Rather, opt for just that delicious meat, egg, and cheese without the extra carbs.

When ordering flavor shots make sure it's unsweetened- We touch on this below, but dunkin uses keto friendly flavor shots instead of sugar free syrups. Just make sure you still say you want the unsweetened french vanilla, hazelnut, or blueberry flavor shots to avoid any sugar confusion.

Those are our best ordering tips so you can walk in confident like a pro. Make sure to check out the list of items we avoid in order to have the best keto experience. Making Keto Drinks at Dunkin Donuts

Want to stay keto at Dunkin Donuts? Make sure to get a healthy and sugar free dunkin donuts keto drink by following these simple steps.

Coffee Bases

You have quite a few coffee base options for keto dunkin donuts drinks. Most carb counts in coffee is only 1-2 grams and usually 5-10 calories depending on size, but starting with the hot drinks we have:

A Single Shot of Espresso: There are 5 calories, 0g fat, 1g carbs, 0g fiber, 0g sugar, 0g protein, and 1g net carbs

A Classic Americano (hot or iced) (Size: medium) has: 10 calories, 0g fat, 2g carbs, 0g fiber, 0g sugar, 0g protein, and 1g net carbs

Regular Hot Coffee (hot or iced) (Size: Medium) has: 5 calories, 0g fat, 0g carbs, 0g fiber, 0g sugar, 1g protein, and 0g net carbs

Cold Brew Coffee (iced) (Size: medium) has: 5 calories, 0g fat, 1g carbs, 0g sugar, 0g protein, and 1g net carbs

White and Turkey Sausage Wake-Up Wrap

At the time of this writing, there is no nutritional information available online for a veggie egg white and turkey sausage wrap-up sandwich.

However, a veggie egg white wake-up wrap (without sausage) contains 150 calories, 7 grams of fat, 15 grams of carbs, 1 gram of fiber, and 7 grams of protein.

You can minimize the carbs and get some low-carb veggies in by asking for no flour tortilla.

Adding turkey sausage should not increase the carb count.

How to order: ask for a veggie egg white and turkey sausage wake-up wrap minus the flour tortilla.

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