



Fine Bakery Products

NUTRITIONAL GRID

Item #	Description	Serving Size	Calories	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
				Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
242	Brookies *NEW*	1 Brookie (42.5g/1.5oz)	160	7	2	0	15	115	26	2	17	2
				Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
	Crumble Cakes *NEW*		Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
120	Blueberry Crumble Cake	1 Crumble Cake (3.9oz)	390	17	3.5	0	35	360	54	1	29	5
121	Lemon Raspberry Crumble Cake	1 Crumble Cake (3.9oz)	400	19	4	0	50	380	55	1	32	5
122	Cinnamon Streusel Crumble Cake	1 Crumble Cake (3.9oz)	420	18	4.5	0	40	370	59	1	34	5
				Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
	Pies *NEW*		Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
1640	Apple	1 Pie (128g/4.5oz)	470	23	12	0.5	25	430	62	1	24	4
1641	Cherry	1 Pie (128g/4.5oz)	470	23	12	0.5	25	370	61	1	25	4
				Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
	Cake Squares		Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
204-6	Carrot Cake Square	1 Cake (102g/3.6oz)	390	21	5	0	50	380	47	1	34	4
104-6	Chocolate Cake Square	1 Cake (85g/3oz)	300	12	3	0	35	280	44	2	30	4
304-6	Banana Cake Square	1 Cake (85g/3oz)	300	12	3.5	0	40	320	45	<1	32	4
408-6	Red Velvet Cake Square	1 Cake (85g/3oz)	290	11	3	0	30	400	47	<1	34	3
106-6	Black & White Cake Square	1 Cake (85g/3oz)	300	14	4	0	35	300	42	1	29	4
				Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
	Cake Slices		Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
943	Cinnamon Streusel Cake Slice *NEW*	1 slice (57g/ 2oz)	230	10	2.5	0	30	200	32	0	18	3
953	Marble Pound Cake Slice	1 slice (57g/ 2oz)	230	12	5	0	40	330	29	0	17	3
963	Golden Pound Cake Slice	1 slice (57g/ 2oz)	230	11	4.5	0	40	330	28	0	16	3
983	Chocolate Chip Puddin' Slice	1 slice (57g/ 2oz)	230	11	2.5	0	30	220	31	<1	20	2
993	Chocolate Puddin' Cake Slice w/Choc Chips	1 slice (57g/ 2oz)	240	12	2.5	0	30	230	31	1	20	3
9012	Lemon Pound Cake Slice	1 Slice (113g/4oz)	430	18	4	0	60	600	60	<1	35	6
9212	Carrot Cake Slice	1 Slice (113g/4oz)	530	28	4.5	0	85	530	64	3	37	7
9512	Strawberry 'n Crème Cake Slice	1 Slice (113g/4oz)	440	21	4	0	75	480	59	<1	36	5
9612	All Butter Pound Cake Slice	1 Slice (113g/4oz)	430	19	11	0.5	130	580	61	<1	36	6
				Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
	Breads		Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
8012	Zesty Lemon Bread	1 Piece (113g/4oz)	450	20	3.5	0	56	520	61	1	35	7
8112	Sweet Potato Bread	1 Piece (113g/4oz)	460	22	3.5	0	56	530	60	2	34	6
8212	Carrot Bread	1 Piece (113g/4oz)	450	22	4	0	56	480	56	2	33	7
9312	Banana Bread	1 Piece (113g/4oz)	460	23	4	0	56	490	57	1	34	7
8812	Wild Blueberry Bread	1 Piece (113g/4oz)	430	20	3.5	0	56	380	58	1	32	6
8612	Cheese Coffee Cake	1 Piece (113g/4oz)	460	21	5	0	40	540	62	<1	33	6
8712	Coffee Cake	1 Piece (113g/4oz)	450	19	7	0	34	510	64	1	37	5
				Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
	Bundts		Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
1112	Chocolate Bundt Cake	1 Piece (113g/4oz)	380	14	3	0	30	600	62	2	45	5
1212	Key Lime Bundt Cake	1 Piece (113g/4oz)	440	18	3	0	42	500	67	0	47	4
1412	Orange Dreamswirl Bundt Cake	1 Piece (113g/4oz)	440	18	3	0	42	490	67	0	47	4
				Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
	Danish		Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
621	Blueberry Cheese Pocket Danish	1 Danish (133g/4.7oz)	510	26	13	0	40	500	59	2	23	9
631	Cherry Cheese Pocket Danish	1 Danish (133g/4.7oz)	510	26	13	0	40	480	60	2	24	9
640	Round Cheese Danish	1 Danish (113g/4oz)	450	21	10	0	30	470	59	1	33	7
641	Cheese Pocket Danish	1 Danish (133g/4.7oz)	550	31	16	0	55	570	56	2	22	11
721	Apple Cinnamon Pocket Danish	1 Danish (133g/4.7oz)	470	20	10	0	30	430	63	2	26	8
740	Round Cinnamon Danish	1 Danish (113g/4oz)	470	22	10	0	25	440	61	2	33	7
				Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
	Cinnamon Rolls		Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
1313	Big Momma Cinnamon Roll	1 Roll (177g/6.3oz)	740	35	16	0	40	550	97	3	52	11
1371	Old Fashioned Cinnamon Roll	1 Roll (113g/4oz)	490	25	10	0	25	600	60	2	30	7
				Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
	Muffins		Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
2001	Wild Blueberry Muffin	1 Muffin (113g/4oz)	400	18	3	0	40	570	52	1	28	6
3001	Banana Nut Muffin	1 Muffin (113g/4oz)	420	19	3	0	45	380	57	2	31	7
11012	Chocolate Chip Muffin	1 Muffin (113g/4oz)	460	24	6	0	50	570	57	1	35	6