

Bakery Nutrition Facts



Due to the variety of donuts, fillings and toppings it would be difficult to list every possible combination, so we have provided this tool for you to use to calculate the total nutritional value for your favorite donut. Nutrition information is provided for each plain donut, each possible filling and each possible topping. Select your donut, filling and topping(s), combine the amounts and you will get your Total Nutritional Intake!

Donuts	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Donut			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Choose a Donut...																							
Plain Ring	57 g	220	110	12	18	5	25	0	0	0	250	10	24	8	1	4	2	5	0	0	2	8	-
Plain Round Shell	64 g	240	100	11	17	4.5	23	0	0	0	320	13	28	9	1	4	3	5	4	0	0	10	-
Plain Long John	57 g	220	110	12	18	5	25	0	0	0	270	11	24	8	< 1	4	2	5	4	0	0	8	-
Cinnamon Swirl	85 g	320	140	15	23	6	30	0	0	0	380	16	38	13	4	16	3	7	6	0	6	15	-
French Crueller	50 g	220	170	19	29	4.5	23	5	55	18	135	6	12	4	0	0	0	2	0	0	0	2	-
Plain Friedcake	85 g	360	200	22	33	5	26	5	15	6	470	19	37	12	1	4	14	5	0	0	4	8	-
Chocolate Friedcake	85 g	420	230	26	40	6	30	6	20	7	550	23	43	14	2	8	16	6	0	0	4	15	-
Sour Cream Friedcake	71 g	300	150	17	26	7	35	< 0.5	20	7	370	15	35	12	< 1	3	12	4	0	0	0	15	-
Pumpkin Friedcake	85 g	330	180	20	31	5	24	5	20	6	350	15	35	12	1	4	14	4	15	0	4	10	-
Apple Fritter	85 g	340	160	18	28	4.5	25	0	0	0	350	15	40	13	2	8	10	5	4	0	2	10	-
Choose a Filling...																							
Red Raspberry	21 g	60	0	0	0	0	0	0	0	0	10	0	13	4	0	0	12	< 1	0	0	0	0	-
Strawberry	21 g	40	0	0	0	0	0	0	0	0	15	0	8	3	0	0	7	0	0	2	0	0	-
White Crème	21 g	100	50	6	9	1.5	7	1.5	0	0	10	0	13	4	0	0	12	0	0	0	0	0	-
Custard	21 g	30	5	1	1	0	0	0	0	0	15	0	5	2	0	0	4	0	0	0	0	0	-
Choose an Icing and/or Topping...																							
Donut Glaze	15 g	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0	-
Chocolate Icing	15 g	45	0	0	0	0	0	0	0	0	10	0	12	4	0	0	11	0	0	0	0	0	-
White Icing	15 g	50	0	0	0	0	0	0	0	0	10	0	12	4	0	0	11	0	0	0	0	0	-
Maple Icing	15 g	50	0	0	0	0	0	0	0	0	15	0	12	4	0	0	12	0	0	0	0	0	-
Granulated Peanuts	15 g	80	60	7	11	1	5	0	0	0	0	0	2	1	1	5	< 1	4	0	0	0	2	-
Angel Flake Coconut	12 g	60	40	4.5	7	4.5	21	0	0	0	35	1	5	2	< 1	3	4	0	0	0	0	0	-
Donut Sugar	6 g	25	0	0	0	0	0	0	0	0	0	0	5	2	0	0	4	0	0	0	0	0	-
Cinnamon Sugar	7 g	25	0	0	0	0	0	0	0	0	0	0	7	2	0	0	7	0	0	0	0	0	-
Assorted Sprinkles	7 g	35	10	1	2	0	0	0	0	0	0	0	5	2	0	0	3	0	0	0	0	0	-

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Bagels	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 bagel			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Blueberry	99 g	260	15	1.5	2	0	0	0	0	0	400	17	54	18	2	7	7	9	0	0	0	15	-
Cinnamon Raisin	99 g	260	10	1.0	2	0	0	0	0	0	390	16	53	18	2	9	8	9	0	0	2	15	-
Egg	99 g	250	10	1.5	2	0	0	0	15	5	470	20	51	17	2	9	4	9	0	0	2	15	-
Honey Wheat	99 g	260	10	1.5	2	0	0	0	0	0	410	17	55	18	3	14	9	9	0	0	0	15	1
Pumpernickel	99 g	240	10	1	2	0	0	0	0	0	420	17	51	17	2	9	4	9	0	0	0	15	-
Plain	99 g	260	10	1.5	2	0	0	0	0	0	420	18	52	17	2	7	4	10	0	0	0	15	-
Plain Sesame Topped	104 g	260	15	2	3	0	0	0	0	0	420	18	52	17	2	9	4	10	0	0	0	15	-
Plain Poppy Seed Topped	99g	250	15	1.5	3	0	0	0	0	0	410	17	51	17	2	7	4	10	0	0	4	15	-
Plain Onion Topped	103 g	270	15	1.5	2	0	0	0	0	0	420	18	55	18	2	9	5	10	0	6	2	15	-
Plain Garlic Topped	103 g	270	15	1.5	2	0	0	0	0	0	420	18	55	18	2	8	4	11	0	0	0	15	-
Plain Salted	103 g	260	15	1.5	2	0	0	0	0	0	2070	86	52	17	2	8	4	10	0	0	0	15	-
Plain Everything Topped	105 g	290	25	2.5	4	0	0	0	0	0	420	18	55	18	2	10	5	11	0	0	2	15	-
Multigrain with Flaxseed	104 g	270	25	3	4	0	0	0	0	0	410	17	53	18	3	13	8	10	0	0	2	15	-
Sunflower	104 g	290	60	7	10	1	4	0	0	0	610	25	50	17	3	13	6	10	0	0	2	20	-

Specialty Bialys	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Bialy			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Apple	135g	350	40	4	6	1	4	1	0	0	420	17	70	23	2	10	23	2	2	0	2	15	-
Blueberry	135g	350	35	4	6	1	5	0	5	1	420	17	72	24	3	11	25	9	0	0	0	15	-
Cherry	135g	350	35	4	6	1	6	0	5	1	390	16	71	24	3	11	23	9	4	0	0	15	-
Raspberry	135g	370	35	4	6	1.5	7	0	5	1	420	18	74	25	2	8	28	9	0	0	0	15	-
Strawberry	135g	350	35	4	6	1	5	0	5	1	390	16	69	23	2	10	20	9	0	0	0	15	-
French Toast	102g	270	10	1.5	2	0	0	0	0	0	380	16	57	19	2	7	11	9	0	0	0	15	-
Garlic Parmesan	113g	330	80	9.0	13	5	25	0	25	8	960	40	46	15	2	7	4	19	4	0	20	15	-
Cheddar Cheese	113g	330	90	10	15	6	28	0	30	10	540	22	46	15	2	7	4	15	6	0	20	15	-
Cheddar Jalapeno	113g	300	80	9	14	5	25	0	25	9	630	26	43	14	2	8	3	14	6	0	20	10	-
Bacon, Egg & Cheese	113g	330	90	10	16	5	27	0	40	13	630	26	45	15	2	7	3	16	6	0	20	15	-

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Specialty Bialys	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Bialy			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Pizza	134g	340	80	8	13	4	21	0	25	8	560	23	50	17	2	8	4	15	2	0	20	15	-
Pepperoni Pizza	134g	350	100	11	17	5	26	0	30	9	670	28	48	16	2	8	4	16	2	0	20	15	-

Muffins	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain
	1 muffin			(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Whole Wheat Chocolate Chip	85	330	140	16	25	4.5	23	0	55	19	240	10	45	15	3	12	29	5	2	0	4	8	1
Blueberry	130 g	410	170	19	29	3.5	18	0	95	32	360	15	55	18	1	4	32	6	4	2	6	6	
Chocolate Chip	137 g	520	220	24	37	7	35	0	95	32	370	15	72	24	2	9	40	7	4	0	6	10	
Cinnamon	130 g	490	210	23	35	5	25	1.5	100	33	380	16	66	22	2	8	40	7	4	0	8	10	
Corn	130 g	470	180	20	31	4	20	0	100	33	380	16	67	22	2	8	31	8	6	0	6	10	
French Vanilla	130 g	480	200	22	34	4.5	23	0	115	38	430	18	63	21	<1	3	35	7	4	0	8	8	
Pistachio flavored with Walnuts	137 g	540	270	30	47	5	25	0	100	33	380	16	59	20	2	6	32	10	4	0	6	10	
Double Chocolate Chip	130 g	480	230	26	40	6	30	0	95	32	440	18	60	20	3	12	41	7	0	0	10	4	
Lemon Poppyseed	137 g	460	180	20	31	4	21	0	100	34	390	16	63	21	<1	4	36	7	4	0	10	8	
Cranberry Walnut	137 g	490	230	25	39	4.5	22	0	100	33	350	15	56	19	2	10	30	10	4	4	6	10	
Banana Walnut	137 g	490	260	29	44	4	21	0	90	29	320	13	53	18	1	6	29	9	4	4	6	8	
Apple Cinnamon	139 g	450	190	21	32	4	20	2	90	29	380	16	61	20	1	5	36	7	6	0	8	8	
Cranberry Orange	137 g	440	160	18	28	3.5	18	0	100	33	370	15	63	21	2	8	37	7	4	10	6	8	
Three Berry	137 g	460	170	18	28	3.5	18	0	95	32	370	15	66	22	2	6	41	7	4	4	6	8	
Peach	137 g	430	160	18	28	4	20	0	105	35	360	15	61	20	<1	3	37	7	4	0	6	8	
Whole Wheat Cranberry Walnut	85	300	140	16	24	3	14	0	65	22	240	10	36	12	3	12	21	6	2	4	4	6	1
Whole Wheat Pumpkin	85	310	150	16	25	2.5	13	0	65	21	250	10	39	13	3	11	23	4	60	2	4	8	1
Whole Wheat Raisin Bran	85	290	110	12	18	2.5	12	0	60	20	230	10	44	15	3	13	27	5	2	0	6	10	1
Whole Wheat Wild Berry	85	290	120	13	21	3	14	0	65	22	250	11	39	13	3	11	23	5	2	4	4	6	1
Whole Wheat Low Fat Blueberry	85	210	35	4	6	0.5	3	0	0	0	270	11	43	14	3	12	26	4	0	0	4	4	1

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Croissants	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain
	1 plain croissant			(g)	(%DV)	(g)	(%DV)		(g)	(%DV)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)							
Plain Croissant	65 g	220	110	12	18	7	35	0	40	13	180	8	24	8	1	4	4	5	8	0	2	10	-

Turnovers	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 turnover			(g)	(%DV)	(g)	(%DV)		(g)	(%DV)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)							
Apple	128g	330	130	14	22	9	45	0	35	12	290	12	46	15	1	4	26	3	8	0	2	6	-
Blueberry Turnover	128g	360	130	14	22	9	45	0	35	12	280	12	54	18	2	8	33	3	8	2	0	6	-
Cherry	128g	340	130	15	23	9	45	0	35	12	230	10	51	17	2	8	27	3	15	0	2	6	-
Lemon	128g	350	140	16	25	9	45	0	35	12	510	21	46	15	1	4	25	3	8	0	2	6	-

Sweet Rolls	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain
				(g)	(%DV)	(g)	(%DV)		(g)	(%DV)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)							
Sticky Bun w/Pecans 1 Bun	99 g	350	120	14	21	2	11	2	10	4	420	17	51	17	3	10	25	6	0	0	4	15	-

Dessert Bars	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Bar			(g)	(%DV)	(g)	(%DV)		(g)	(%DV)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)							
Walnut Cheesecake	78 g	370	240	27	41	8	40	2.5	35	12	220	9	28	9	2	7	17	5	15	0	4	6	-
German Chocolate	71 g	370	240	26	41	10	48	3.5	20	6	210	9	30	10	2	9	19	4	10	0	4	10	-
Pumpkin	85 g	280	130	15	23	4	20	2	35	12	170	7	32	11	2	7	21	5	70	0	8	6	-
Lemon Cream	71 g	310	190	21	32	12	62	1	95	32	60	3	28	9	0	0	19	3	15	0	0	2	-
Cranberry Raspberry	71 g	270	110	13	19	6	29	0.5	40	13	55	2	37	12	2	7	21	2	6	0	2	4	-

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Cakes	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol			Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
				(g)	(%DV)	(g)	(%DV)		g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)							
Asst Mini Cupcakes 4 Mini Cupcakes	66g	300	160	18	27	4	21	2.5	20	6	160	6	36	12	0	0	23	2	2	0	0	4	-	
Assorted Cupcakes 1 Large Cupcake	80g	360	200	23	35	5	25	3	30	10	150	6	37	12	<1	2	19	2	4	0	2	2	-	
Lemon Homestyle Cake 1/9 of Cake	82g	360	220	24	37	7	36	1	65	22	510	21	32	11	<1	2	20	4	6	0	2	4	-	
Coconut Homestyle Cake 1/8 of Cake	78g	270	140	15	23	3.5	17	0	0	0	200	8	32	11	<1	2	20	3	0	0	0	4	-	
Oatmeal Homestyle Cake 1/10 of Cake	79g	290	140	15	23	5.0	26	0	55	18	120	5	36	12	1	5	24	3	6	2	4	4	-	
Mini-Ultimate Chocolate Cake 1/5 of Cake	85g	300	100	11	17	5	26	0	30	10	110	5	51	17	1	5	42	2	6	0	0	6	-	
Ultimate Chocolate Cake 1/16 of Cake	85g	300	100	11	17	5.0	26	0	30	10	110	5	51	17	1	5	42	2	6	0	0	6	-	
Ultimate 1/4 Chocolate Sheet Cake 1/40 of Cake	82g	290	90	10	15	4.0	19	0	30	9	170	7	48	16	1	5	37	3	4	0	2	6	-	
Mini-Ultimate White Cake 1/5 of Cake	74g	320	180	20	31	11	54	0.5	40	13	150	6	34	11	0	0	27	1	10	0	2	2	-	
Ultimate White Cake 1/14 of Cake	77g	320	180	20	30	10	49	0.5	35	11	180	8	35	12	0	0	27	2	8	0	2	2	-	
Ultimate 1/4 White Sheet Cake 1/30 of cake	79g	320	170	19	29	9	45	0	30	10	210	9	36	12	0	0	26	2	8	0	2	2	-	
Red Velvet Cake Roll 1/7 of Whole Roll 1/3 of Half Roll 1 slice of 2 slice	85g	290	130	15	23	7	37	0	35	12	120	5	34	11	0	0	25	3	4	0	4	4	-	
Chocolate Raspberry Ganache Cake	76g	260	160	17	27	6	30	0	50	16	170	7	25	8	1	5	18	3	4	0	2	4	-	
Mini Italian Rum Cake 1/6 of cake	85g	260	150	16	25	7	35	0.5	30	10	170	7	25	8	0	0	19	2	8	0	4	2	-	
Italian Rum Cake 1/16 of cake	78g	230	120	14	21	5	27	0.5	25	9	160	7	24	8	0	0	18	2	6	0	2	2	-	

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	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
				(g)	(%DV)	(g)	(%DV)		(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)							
Pies				(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Apple (Double Crust) 1/10 of Pie	125g	230	80	9	14	4.0	20	0	0	0	120	5	37	12	1	5	23	2	0	6	2	6	-
Mini Apple (Double Crust) Pie 1/2 of Pie	156g	410	200	22	34	10.0	48	0	0	0	230	10	51	17	3	10	23	3	2	10	2	15	-
Apple Crumb Pie 1/10 of Pie	136g	300	100	11	18	6.0	28	0	5	2	150	6	49	16	3	10	29	2	2	4	2	10	-
Mini Apple Crumb Pie 1/2 Pie	142g	320	90	10	15	5.0	27	0	10	4	140	6	57	19	3	11	35	2	4	10	2	10	-
Blueberry (Double Crust) Pie 1/9 of Pie	129g	320	130	14	22	6.0	32	0	0	0	180	8	48	16	3	11	24	2	0	2	2	10	-
Mini Blueberry (Double Crust) Pie 1/2 of Pie	142g	420	200	22	33	10.0	48	0	0	0	430	18	54	18	2	6	23	3	0	2	2	15	-
Cherry (Double Crust) 1/9 of Pie	132g	330	140	15	24	7	35	0	0	0	210	9	43	14	1	3	21	3	8	2	2	10	-
Mini Cherry Pie 1/2 of Pie	142g	390	180	21	32	9	46	0	0	0	260	11	48	16	1	3	20	4	8	2	2	15	-
Tripleberry Crumb Pie 1/10 of Pie	119g	290	100	12	18	6	28	0	5	2	130	5	47	15	2	9	27	2	2	35	2	10	-
Mini Tripleberry Crumb Pie Pie 1/2 of Pie	142g	350	120	13	21	6	32	0	5	2	150	6	56	19	3	11	31	3	2	45	2	10	-
Strawberry Rhubarb Pie 1/10 of Pie	119g	300	160	17	27	8	38	0	0	0	200	8	36	12	5	18	14	3	0	0	6	8	-
Mini Strawberry Rhubarb Pie 1/2 of Pie	156g	310	130	15	23	6	32	0	0	0	170	7	44	15	5	23	23	3	2	0	10	8	-
Peach Raspberry Crumb Pie 1/10 Pie	119g	300	100	12	18	5	27	0	5	2	180	7	47	16	4	14	27	3	2	15	2	4	-
Mini Peach Raspberry Crumb Pie 1/2 Pie	156g	400	150	16	25	8	38	0	5	2	250	10	63	21	5	20	35	4	4	20	2	6	-
Blueberry Apple Streusel Pie 1/9 of Pie	126g	310	120	13	20	6	32	0	5	2	170	7	48	16	2	9	23	2	2	4	2	10	-
Grape Double Crust Pie 1/9 of Pie	132g	350	140	15	24	7	35	0	0	0	140	6	52	17	1	2	30	3	2	2	2	10	-
Mini Grape Double Crust 1/2 of Pie	142g	380	150	17	25	7	37	0	0	0	150	6	56	19	1	3	33	3	2	2	2	10	

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	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
				(g)	(%DV)	(g)	(%DV)		(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)							
Pies																							
Grape Crumb Pie 1/9 of Pie	132g	350	110	13	19	6	30	0	5	2	120	5	58	19	1	2	36	2	2	2	2	10	
Mini Grape Crumb Pie 1/2 of Pie	142g	380	120	14	21	6	32	0	5	2	125	5	62	21	1	3	39	3	2	2	2	10	
Pecan Pie 1/8 of Pie	113g	460	220	24	37	6	30	0	70	23	300	13	56	19	1	4	32	5	2	0	2	6	
Mini Pecan Pie 1/2 of Pie	113g	460	220	24	37	6	30	0	70	23	300	13	56	19	1	4	32	5	2	0	2	6	
	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
				(g)	(%DV)	(g)	(%DV)		(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)							
Premium Pies																							
Premium Banana Cream Pie 1/10 of Pie	136g	330	200	22	34	12	58	1	20	7	160	7	33	11	1	3	18	2	10	2	4	4	
Premium Mini Banana Cream Pie 1/2 of Pie	156g	390	220	24	37	13	64	1	20	7	170	7	41	14	1	3	21	2	10	2	4	6	
Premium Chocolate Cream Pie 1/10 of Pie	136g	410	260	28	44	16	82	0.5	30	9	140	6	41	14	2	6	28	4	10	0	10	8	
Premium Mini Chocolate Cream Pie 1/2 of Pie	142g	450	280	31	48	18	90	0.5	30	10	160	7	43	14	2	7	28	5	10	0	10	8	
Premium Coconut Cream Pie 1/10 of Pie	136g	370	220	25	38	14	72	1	20	6	180	7	35	12	1	4	21	2	10	0	4	4	
Premium Mini Coconut Cream Pie 1/2 of Pie	156g	440	260	29	45	17	86	1	20	7	220	9	41	14	1	5	23	3	15	0	4	6	
Premium Lemon Cream Pie 1/12 of Pie	123g	360	190	21	33	12	61	0.5	60	20	160	7	39	13	0	0	27	2	10	0	4	4	
Premium Mini Lemon Cream Pie 1/2 of Pie	156g	480	270	30	46	17	85	1	75	24	210	9	48	16	0	0	32	3	15	0	6	6	
Premium Lemon Meringue Pie 1/9 of Pie	126g	290	100	12	18	5	25	0	55	18	150	6	45	15	0	0	28	2	2	0	2	6	
Premium Mini Lemon Meringue Pie 1/2 of Pie	128g	320	120	14	22	6	30	0	55	18	160	7	46	15	0	0	26	2	2	0	2	6	
Brownie Sundae Pie 1/8 of Pie	128g	580	360	40	61	17	87	0.5	10	4	350	15	49	16	1	4	11	7	4	0	4	20	
Mini Brownie Sundae Pie 1/2 of Pie	128g	520	310	35	54	14	70	0.5	20	7	290	12	47	16	2	10	27	8	10	0	10	15	

Have questions or comments? Call Wegmans Consumer Affairs
Monday-Friday 8 a.m. - 5 p.m.
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Bakery Nutrition Facts



	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
				(g)	(%DV)	(g)	(%DV)		(g)	(%DV)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)							
Desserts				(g)	(%DV)	(g)	(%DV)	g	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Vanilla Crème Puff	71g	180	110	12	19	7	35	0.5	75	25	85	16	16	5	< 1	3	9	2	6	0	4	2	-
Chocolate Topped Crème Puff	71g	230	150	17	28	11	54	0	75	25	70	3	16	5	2	6	10	3	8	0	4	10	-
Chocolate Mousse Cup	85g	320	210	23	36	14	72	0	180	60	30	1	21	7	2	7	17	4	15	0	8	8	-
Chocolate Dome 15 cm (1) 3/4" slice	78g	290	190	21	32	14	68	0	75	25	50	2	24	8	1	6	22	2	10	0	6	6	-
Chocolate Dome PG - Individual	57g	210	140	15	24	10	49	0	55	19	35	2	17	6	1	4	16	2	8	0	4	4	-
Pumpkin Roll	74g	210	90	10	16	6	31	0	60	20	460	19	29	10	< 1	3	23	3	6	0	4	4	-
Berrymisu for Two 1/2 Berrymisu	99g	310	200	22	34	7	33	0	865	289	80	3	13	4	0	0	12	13	25	0	10	15	-
Vanilla Crème Brulee	113g	350	250	28	43	0	0	0	105	36	35	1	23	0	0	0	21	2	35	2	8	0	-
Whoopie Pie Cookies 1/2 Cookie	99g	470	240	26	41	7	33	4	20	7	270	11	55	18	<1	4	25	3	4	0	0	6	-

Scones	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Scone			(g)	(%DV)	(g)	(%DV)		(g)	(%DV)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)							
Blueberry	85 g	220	50	6	9	2	9	1	25	9	600	25	38	13	1	5	15	4	2	0	2	8	-
Cranberry Orange	85 g	220	50	6	9	2	9	1	25	9	590	25	38	13	2	6	15	4	2	4	2	8	-