

Bakery Nutrition Facts



Petite Pastries																								
UPC	Round Pastries	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv	
	Serving Size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	
Bulk	Apple Round Danish	58	170	60	7	11	4	20	0	35	12	115	5	24	8	0	0	12	3	4	8	0	6	-
Bulk	Blueberry Round Danish	58	160	60	7	11	4	20	0	35	12	115	5	23	8	0	0	11	3	4	8	0	6	-
Bulk	Cherry Round Danish	58	160	60	7	11	4	20	0	35	12	115	5	23	8	0	0	11	3	4	8	0	6	-
Bulk	Lemon Round Danish	58	160	60	7	11	4	20	0	35	12	115	5	23	8	0	0	11	3	4	8	0	6	-
Bulk	Raspberry Round Danish	58	160	60	7	11	4	20	0	35	12	115	5	24	8	0	0	11	3	4	8	0	6	-
Bulk	Mango Round Danish	58	160	60	7	11	4	20	0	35	12	110	5	23	8	0	0	11	3	10	15	0	6	-
Bulk	Coconut Custard Round Danish	60	180	70	8	12	5	25	0	35	12	130	5	24	8	0	0	11	3	6	8	0	6	-

UPC	Variety Danish	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv	
	Serving Size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	
Bulk	Apple Pear Variety Danish	40	110	45	5	8	3	15	0	20	7	70	3	16	5	1	4	8	2	4	10	0	4	-
Bulk	Cheese Variety Danish	34	120	60	7	11	4	20	0	30	10	80	3	13	4	1	4	6	2	4	10	0	4	-
Bulk	Cherry Variety Danish	46	130	50	6	9	3.5	18	0	30	10	80	3	17	6	1	4	8	2	4	0	0	4	-
Bulk	Large Cheese Danish	69	240	140	15	23	9	45	0	75	25	190	8	22	7	1	4	7	4	8	0	0	8	-
Bulk	Exotic Variety Danish	34	100	45	5	8	3	15	0	20	7	75	3	12	4	1	4	4	2	10	10	0	4	-
Bulk	Raspberry Variety Danish	38	130	60	6	9	3.5	18	0	30	9	85	4	17	6	0	2	2	2	4	0	0	4	-

UPC	Buns	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv	
	Serving Size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	
Bulk	Plain Sticky Bun	69	250	100	11	17	6	30	0	45	15	140	6	35	12	1	4	20	3	8	0	2	10	-
Bulk	Sticky Bun with Raisins	76	270	100	11	17	6	30	0	45	15	140	6	40	13	1	4	25	3	8	0	2	10	-
Bulk	Sticky Bun with Pecans and Raisins	76	280	120	13	20	6	30	0	45	15	140	6	38	13	2	8	22	4	8	0	2	10	-
Bulk	Cinnamon Bun	59	220	120	13	20	7	35	0	50	17	170	7	23	8	1	4	9	3	8	0	0	8	-
Bulk	Rum Bun	56	190	80	9	14	5	25	0	40	13	135	6	25	8	1	4	11	3	6	0	0	8	-
34210	Round Danish 12pk	** see individual round danish for nutritional information above																						
37296	Sticky Buns 6pk	** see individual sticky buns for nutritional information above																						
37298	Cinnamon Buns 6pk	** see individual cinnamon bun for nutritional information above																						
37551	Rum Buns 6pk	** see individual rum bun for nutritional information above																						

UPC	Cheese Twists	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv	
	Serving Size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	
Bulk	Apple Cheese Twist	50	170	90	10	15	6	30	0	35	12	110	5	19	6	1	4	9	3	6	2	2	6	-
Bulk	Blueberry Cheese Twist	50	170	90	10	15	6	30	0	35	12	110	5	18	6	1	4	8	3	6	0	2	6	-
Bulk	Cherry Cheese Twist	50	170	90	10	15	6	30	0	35	12	110	5	18	6	1	4	8	3	6	2	2	6	-
Bulk	Lemon Cheese Twist	50	170	90	10	15	6	30	0	35	12	110	5	18	6	1	4	8	3	6	0	2	6	-
Bulk	Raspberry Cheese Twist	50	170	90	10	15	6	30	0	35	12	105	4	19	6	1	4	8	3	6	0	2	6	-
Bulk	Mango Cheese Twist	50	170	90	10	15	6	30	0	35	12	105	4	18	6	1	4	8	3	8	4	2	6	-

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UPC	Croissants	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		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							
		g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Bulk	Almond Croissant	79	280	130	14	22	5	25	0	0	0	135	6	33	11	2	8	16	6	4	4	2	8	-
Bulk	Chocolate Croissant	82	230	120	13	20	7	35	0	150	50	390	16	23	8	1	4	9	7	0	0	8	15	-
Bulk	Mini Plain Croissant	30	100	50	6	9	3.5	18	0	20	6	80	3	11	4	<1	2	1	2	4	0	0	4	-
Bulk	Mini Chocolate Croissant	34	110	50	6	9	4	20	0	20	7	70	3	15	5	1	4	6	2	4	0	0	6	-
Bulk	Mini Almond Croissant	50	170	90	10	15	4	20	0	20	7	94	4	18	6	1	4	8	4	10	0	4	4	-
48309	Large Multigrain Croissant	77	250	120	14	22	7	35	0	40	13	220	9	28	9	2	8	4	6	6	10	2	10	
34216	Large Plain Croissant, 1pk,	62	210	110	12	18	7	35	0	40	13	160	7	22	7	2	8	3	5	10	0	0	10	-
34221	4pk																							

UPC	Sweet Rolls	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		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							
		g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
44626	Poppyseed Roll, 1" slice	54	170	80	9	14	6	30	0	25	8	190	8	19	6	1	4	4	3	0	0	2	4	-
44623	Nut Roll, 1-1/4" slice	56	180	90	10	15	6	30	0	25	8	190	8	20	7	1	4	4	4	0	0	2	4	-
37551	Rum Buns, 1 Bun	56	190	80	9	14	5	25	0	40	13	135	6	25	8	1	4	11	3	6	0	0	8	-
38293	Hot Cross Buns, 1 Bun	57	200	45	5	8	2.5	13	0	15	5	200	8	36	12	0	0	16	4	4	0	2	8	-

UPC	Turnovers & Dumplings	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		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							
		g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
85194	Turnover, 1 each	** see individual turnover for nutritional information below																						
	Apple Turnover	128	360	120	13	20	9	45	0	35	12	240	10	56	19	2	8	35	3	8	20	2	6	-
	Blueberry Turnover	128	330	120	13	20	8	40	0	30	10	220	9	49	16	2	8	30	3	8	0	0	6	-
	Cherry Turnover	128	330	120	13	20	8	40	0	30	10	220	9	49	16	2	8	30	3	10	0	0	6	-
	Lemon Turnover	128	340	120	14	22	8	40	0	35	12	220	9	49	16	2	8	30	3	10	0	0	6	-
33710	Dumplings, 1 each	** see individual dumpling for nutritional information below																						
	Apple Dumpling	85	240	90	10	15	6	32	0	25	8	150	6	36	12	1	4	23	2	6	15	0	4	-
	Blueberry Dumpling	85	240	90	10	15	6	32	0	25	8	150	6	34	11	1	5	21	2	6	0	0	4	-
	Cherry Dumpling	85	240	90	10	15	6	32	0	25	8	150	6	34	11	1	4	22	2	6	0	0	4	-
	Lemon Dumpling	85	240	90	10	15	6	32	0	25	8	150	6	34	11	1	5	22	2	6	0	0	4	-
	Raspberry Dumpling	85	240	90	10	15	6	32	0	25	8	150	6	36	12	1	4	22	2	6	0	0	4	-
33711	Pastry Hearts 2pk, 1 pastry	57	220	100	11	16	7	34	<0.5	25	9	150	6	27	9	1	3	15	2	6	0	0	4	-

UPC	Miscellaneous	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		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							
		g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
37344	Granola, 1/2 cup (by the lb.,	55	230	90	10	15	1	5	0	0	0	0	0	29	10	3	12	5	6	0	0	4	10	1
39201	Family Pack by the lb.)																							

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UPC	Oatmeal Bakes	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		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							
	Serving Size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
40485	Baked Oatmeal with Blueberries	127	330	150	16	25	1.5	8	0	0	0	420	18	40	13	6	24	8	6	2	0	10	15	2
43372	Baked Oatmeal with Raspberries	145	370	160	17	26	1.5	8	0	0	0	450	19	48	16	7	28	11	7	2	4	10	15	2.5

UPC	Loaf Breads & Coffee Cakes	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		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							
25331	Blueberry Lemon Loaf, 1/8 Loaf	57	190	70	8	12	1.5	8	0	15	5	140	6	28	9	1	4	16	2	0	0	2	2	-
38336	Zucchini Walnut Loaf, 1/10 Loaf	57	170	70	8	12	1	5	0	25	8	160	7	21	7	2	8	13	3	2	0	2	6	0.5
26119	Peach Loaf, 1/8 Loaf	60	200	80	9	14	2.5	13	0	35	12	140	6	27	9	1	4	15	3	2	8	4	2	-
26599	Apple Cinnamon Loaf, 1/8 Loaf	60	210	80	9	14	2.5	13	0	30	10	135	6	29	10	<1	4	17	3	2	0	2	4	-
27002	Pumpkin Loaf, 1/9 Loaf	54	170	50	5	8	1	5	0	10	3	190	8	27	9	1	4	16	2	40	0	2	4	-
26489	Banana Nut Loaf, 1/8 Loaf	57	190	80	9	14	1.5	8	0	20	7	135	6	26	9	1	4	15	3	0	2	2	2	-
24859	French Vanilla Loaf, 1/8 Loaf	57	200	80	9	14	2	10	0	40	13	170	7	27	9	0	0	16	3	2	0	4	4	-
24860	French Vanilla Crumb Loaf, 1/9 Loaf	57	210	90	10	15	2.5	13	0	35	12	150	6	28	9	0	0	16	3	0	0	4	4	-
41511	Pound Cake, 1/12 Cake	56	200	70	8	12	3	14	0	40	14	160	7	29	10	0	2	16	3	2	0	2	2	-
38421	Lemon Coffee Cake, 1/14 Cake	56	200	90	10	15	2.5	13	0	45	15	140	6	25	8	0	0	16	3	2	0	4	0	-
38645	Blueberry Coffee Cake, 1/13 Cake	56	190	80	9	13	2	10	0	30	11	140	6	25	8	1	6	15	3	0	0	2	4	0.5
	Pumpkin Coffee Cake, 1/14 Cake	56	220	90	10	16	2.5	12	0	40	13	100	4	28	9	2	8	15	4	35	22	8	6	0.5
40481	Cranberry Orange Coffee Cake, 1/14 Cake	56	220	90	10	16	2.5	12	0	40	13	170	7	28	9	2	7	15	3	2	2	2	4	0.5
37789	Cinnamon Swirl Coffee Cake, 1/14 Cake	56	240	100	11	17	3	16	0	35	12	160	7	31	10	2	7	19	3	2	0	4	4	0.5
43658	Crumb Cake, 1/14 Cake	53	200	110	12	18	4.5	23	0	35	12	220	9	21	7	0	0	12	2	4	0	2	2	-
46251	Raspberry Crumb Cake (w/net wt)	59	220	110	12	18	4.5	23	0	40	13	210	9	24	8	0	0	15	2	4	0	2	2	-
46249	Raspberry Crumb Cake (by the lb)	57	210	100	11	17	4.5	23	0	40	13	200	8	23	8	0	0	14	2	4	0	2	2	-