

# Bakery Nutrition Facts



Cookie Shoppe Cookies	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			g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV							
Ultimate Chocolate Chip Cookie, 1 Cookie	41	190	80	9	14	5	25	0	25	8	135	6	25	8	0	0	16	2	4	0	2	4	-	
Ult Chocolate Chip Cookie, Chocolate Dipped, 1 Cookie	51	240	110	13	20	8	40	0	25	8	135	6	30	10	1	4	21	2	4	0	2	10	-	
Ult Chocolate Chip Cookie with Walnuts, 1 Cookie	41	190	90	10	15	5	25	0	20	7	105	4	23	8	1	4	15	2	4	0	0	4	-	
Ult Chocolate Chip Cookie with Walnuts, Chocolate Dipped, 1 Cookie	48	230	120	13	20	7	35	0	20	7	105	4	27	9	1	4	18	3	4	0	0	10	-	
Ult Chocolate Chip Cookies with Rainbow Drops	41	190	80	9	14	6	30	0	20	7	110	5	26	9	0	0	18	2	2	0	2	4	-	
Organic Chocolate Chip Cookie, 1 Cookie	31	140	60	7	11	4.5	23	0	10	3	65	3	19	6	1	4	13	1	0	0	0	4	-	
Hatch Chili Ultimate Chocolate Chip Cookies	37	150	60	7	11	4.5	23	0	20	7	110	5	20	7	1	4	13	2	2	0	0	2	-	
Hatch Chili Double Chocolate Chip Cookies	33	120	50	6	9	3	15	0	15	5	45	2	18	6	1	4	12	1	2	0	0	6	-	
WG Delicious Oatmeal Raisin Cookie, 1 Cookie	43	160	60	6	9	4	20	0	15	5	115	5	26	9	2	8	16	2	4	0	2	4	0.5	
WG Chocolate Hazelnut Cookie, 1 Cookie	59	290	160	18	28	8	40	0	30	10	160	7	29	10	5	20	17	4	6	0	4	15	0.5	
WG Chocolate Hazelnut Cookie with Chocolate 1 Cookie	71	360	200	23	35	12	60	0	30	10	160	7	35	12	6	24	22	5	6	0	4	25	0.5	
Vegan Lemon Crinkle Cookie, 1 Cookie	28	100	25	3	5	1	5	0	0	0	85	4	18	6	0	0	8	1	0	0	2	20	-	
Vegan Molasses Cookie, 1 Cookie	40	170	70	7	11	2	10	0	0	0	210	9	25	8	1	4	14	2	0	0	2	6	-	
Vegan Peanut Butter Cookie, 1 Cookie	43	190	90	10	15	2.5	13	0	0	0	170	7	24	8	1	4	14	3	0	0	2	4	-	
Vegan Oatmeal Cranberry Cookie	27	110	50	6	9	1	5	0	0	0	115	5	15	5	1	4	9	2	0	0	2	2	0.5	
Peanut Butter Chocolate Chunk Cookie, 1 Cookie	42	180	90	10	15	3	15	0	10	3	150	6	23	8	1	4	15	4	2	0	2	4	-	
PB Chocolate Chunk Cookie w/ Choc, 1 Cookie	54	250	130	14	22	7	35	0	10	3	150	6	29	10	2	8	20	4	2	0	2	15	-	
Double Chocolate Chunk Cookie, 1 Cookie	43	180	70	8	12	4.5	23	0	20	7	65	3	26	9	1	4	17	2	2	0	0	10	-	
Double Chocolate Chunk Cookie w/ Choc, 1 Cookie	56	250	110	13	20	8	40	0	20	7	65	3	32	11	2	8	23	3	2	0	0	20	-	
Snickerdoodle, 1 Cookie	30	130	45	5	8	3	15	0	25	8	65	3	19	6	0	0	12	1	4	0	0	2	-	
Cranberry Sensation Cookie, 1 Cookie	43	180	60	7	11	3.5	18	0	15	5	75	3	27	9	2	8	17	2	2	0	2	4	-	
Chocolate Indulgence Cookie	56	260	120	13	20	9	45	0	35	12	65	3	28	9	5	20	22	4	2	0	4	20	-	

Cookie Shoppe Cookies	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			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
<b>Bar &amp; Cut Out Cookies</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat</b>		<b>Saturated Fat</b>		<b>Trans Fat</b>	<b>Cholesterol</b>		<b>Sodium</b>		<b>Total Carbohydrate</b>		<b>Dietary Fiber</b>		<b>Sugar</b>	<b>Protein</b>	<b>Vitamin A</b>	<b>Vitamin C</b>	<b>Calcium</b>	<b>Iron</b>	<b>Whole Grain Equiv</b>
Marshmallow Treats, 1 Bar	35	140	25	3	5	2	10	0	10	3	95	4	27	9	0	0	14	1	0	0	0	15	
Marshmallow Treats with Chocolate, 1 Bar	68	310	110	12	18	10	50	0	10	3	120	5	47	16	1	4	29	2	0	0	0	35	-
Peanut Butter Square	45	240	150	17	26	9	45	0	25	8	100	4	22	7	1	4	17	3	8	0	0	6	-
7 Layer Bar	81	370	180	20	31	10	50	0	25	8	200	8	45	15	3	12	33	5	4	2	8	10	-
Happy Cookie with Raspberry, 1 Cookie	85	330	120	13	20	8	40	0.5	45	15	80	3	49	16	1	4	26	3	8	0	0	6	-
Sugar Cookie Cut Out Shapes with Icing, 1 Cookie	85	370	140	16	25	10	50	0.5	50	17	55	2	55	18	0	0	41	2	10	0	2	4	-
Sugar Cookie Cut Out Circles with Icing, 1 Cookie	85	380	160	19	29	11	55	0.5	55	18	100	4	53	18	1	3	34	3	10	0	2	4	-
Sugar Circle Cookies with Rainbow Drops	45	200	90	11	17	6	30	0	35	12	70	3	26	9	0	0	12	2	6	0	2	4	-
Iced Gingerbread Cutout, 1 Cookie	37	160	60	7	11	2.5	13	0	10	3	100	4	23	8	0	0	14	2	0	0	2	4	-

Seasonal & Holiday Cookies	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
Almond Orange Biscotti, 1 Cookie	20	80	35	4	6	1	5	0	10	3	50	2	10	3	1	4	4	2	0	0	2	2	-
Almond Orange Biscotti w/ Chocolate, 1 Cookie	24	100	45	5	8	2	10	0	10	3	50	2	12	4	1	4	6	2	0	0	2	4	-
Vanilla Biscotti, 1 Cookie	41	160	50	6	9	3.5	18	0	40	13	75	3	23	8	0	0	9	3	4	0	4	6	-
Cappuccino Biscotti, 1 Cookie	49	190	70	8	12	4.5	23	0	40	13	75	3	27	9	1	4	13	3	4	0	4	8	-
Florentine Cookie, 2 Cookies	36	190	100	11	17	3	15	0	0	0	0	0	20	7	2	8	13	3	0	0	4	4	-
Hazelnut Butter Cookies, 3 Cookies	35	180	120	13	20	6	30	0	30	10	15	1	15	5	1	4	5	2	6	0	2	6	-
Almond Paste Cookie w/ Jelly, about 3 Cookies	33	110	40	4	6	0.5	3	0	0	0	10	0	18	6	1	4	16	2	0	0	2	2	-
Almond Paste Cookie with Jam, 1 Cookie	22	110	50	6	9	1	5	0	0	0	0	0	12	4	<1	4	11	1	0	0	2	2	-
Almond Paste Cookie with Almonds, 1 Cookie	22	110	60	7	11	1	5	0	0	0	0	0	12	4	<1	4	11	2	0	0	0	2	-
Almond Paste Cookie with Chocolate, 1 Cookie	26	130	70	8	12	3	15	0	0	0	0	0	14	5	1	4	13	1	0	0	0	4	-
Almond Butter Spritz Sandwich Cookie with Jam	23	100	50	6	9	3.5	18	0	10	3	15	1	12	4	1	4	7	1	2	0	0	4	-
Almond Butter Spritz Sandwich Cookie with Hazelnuttin'	25	120	70	7	11	4	20	0	10	3	15	1	12	4	1	4	8	2	2	0	0	6	-
Almond Butter Spritz with Buttercreme, 2 Cookies	38	160	70	8	12	4.5	23	0	20	7	15	1	23	8	0	0	18	1	4	0	0	2	-
Almond Butter Spritz with Chocolate Icing, 2 Cookies	38	160	70	7	11	4	20	0	20	7	15	1	22	7	<1	4	16	2	4	0	0	2	-
Almond Butter Spritz with Chocolate Buttercreme	32	150	70	8	12	6	30	0	15	5	15	1	17	6	1	4	12	1	2	0	0	8	-
Rum Ball, 2 Cookies	32	160	80	8	12	5	25	0	5	2	30	1	16	5	1	4	13	2	0	0	0	10	-

Cookie Shoppe Cookies	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			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Sfogliatelle, 1 Cookie	63	130	20	2	3	1	5	0	25	8	140	6	24	8	1	4	7	5	0	0	4	6	-
Thumbprints, 2 Cookies	34	150	80	9	14	3	15	0	15	5	90	4	17	6	0	0	7	2	2	0	0	2	-

Kipfel & Rugala Cookies	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			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Apricot Sour Cream Kipfel, 1 Cookie	27	90	80	9	13	5	25	0	60	19	0	4	11	4	0	1	2	2	6	0	0	2	-
Raspberry Sour Cream Kipfel, 1 Cookie	29	90	45	5	7	3	14	0	30	11	30	1	10	3	1	2	4	1	2	2	0	2	-
Cinnamon Walnut Rugala, 1 Cookie	28	130	80	9	14	5	25	0	20	7	70	3	10	3	0	0	4	1	6	0	0	4	-
Blueberry & Pomegranate Rugala, 1 Cookie	28	110	35	4	6	3	15	0	10	3	35	1	16	5	0	0	13	1	4	0	0	0	-
Chocolate Rugala, 1 Cookie	28	130	80	9	14	5	25	0	25	8	75	3	11	4	0	0	4	1	6	0	0	4	-
Poppy Rugala, 1 Cookie	28	170	100	11	17	6	30	0	20	7	55	2	15	5	1	4	6	2	4	0	6	6	-
Cranberry Rugala, 1 Cookie	28	110	45	5	8	3	15	0	15	5	50	2	15	5	1	4	8	1	4	0	0	2	-

Meatball Cookies	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			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Chocolate Meatball, 1 Cookie	39	140	45	5	8	2	10	0	10	3	95	4	22	7	1	4	14	2	2	0	2	6	-
Vanilla Meatball, 1 Cookie	45	170	60	6	9	3	15	0	20	7	100	4	27	9	0	0	21	1	2	0	2	0	-
Lemon Meatball, 1 Cookie	48	190	50	6	9	3	15	0	15	5	100	4	30	10	0	0	19	2	2	2	2	0	-
Orange Meatball, Cookie	48	160	50	6	9	2.5	13	0	10	3	100	4	25	8	0	0	15	2	2	6	2	2	-
Cherry Meatball, 1 Cookie	44	150	30	3	5	1.5	8	0	5	2	25	1	27	9	0	0	23	1	2	0	0	0	-

French Macarons	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			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Chocolate Macarons, 2 Cookies	28	100	20	2	3	1	5	0	0	0	10	0	14	5	2	8	12	2	0	0	0	0	-
Hazelnut Macarons, 2 Cookies	28	120	50	6	9	2	10	0	0	0	10	0	12	4	0	0	12	2	0	0	0	0	-
Mango Passionfruit Macarons, 2 Cookies	28	90	20	2	3	1	5	0	0	0	10	0	10	3	0	0	10	2	0	0	0	0	-
Pistachio Macarons, 2 Cookies	28	100	25	3	5	2	10	0	0	0	10	0	12	4	0	0	12	2	0	0	0	0	-
Raspberry Macarons, 2 Cookies	28	120	50	6	9	2	10	0	0	0	10	0	12	4	0	0	12	2	0	0	0	0	-
Vanilla Macarons, 2 Cookies	28	100	20	2	3	1	5	0	0	0	10	0	12	4	0	0	12	2	0	0	0	0	-

Burst & Filled Shortbread Cookies	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			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Almond Burst Cookie, 1 Cookie	42	180	60	7	11	2.5	13	0	10	3	100	4	25	8	1	4	16	2	2	0	2	4	-
Chocolate Filled Shortbread, 1 Cookie	43	220	120	14	22	11	55	<0.5	10	3	55	2	24	8	1	4	17	2	2	0	0	8	-

Cookie Shoppe Cookies	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							
Peanut Butter & Jelly Filled Shortbread, 1 Cookie	45	190	100	11	17	5	25	0	20	7	115	5	23	8	1	4	11	2	6	0	0	2	-
Apricot Filled Shortbread Cookie, 1 Cookie	43	180	80	9	14	6	30	0	20	7	110	5	25	8	0	0	13	1	6	0	2	2	-
Apple Butter Filled Shortbread Cookie, 1 Cookie	41	150	80	9	14	6	30	0	25	8	100	4	18	6	0	0	6	1	6	0	0	2	-
Lemon Filled Shortbread, 1 Cookie	45	190	80	9	14	6	30	0	25	8	115	5	26	9	0	0	12	1	6	0	0	2	-
Raspberry Filled Shortbread, 1 Cookie	45	190	90	10	15	6	30	0	25	8	110	5	26	9	0	0	15	1	6	0	0	2	-

Cookie Cup Cookies	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							
Snickerdoodle Cookie Cup	103	490	240	27	42	13	65	0.5	60	20	180	8	59	20	0	0	43	3	10	0	2	6	-
Double Chocolate Cookie Cup with Peanut Butter	136	650	330	37	57	15	75	0	45	15	240	10	73	24	4	16	50	10	6	0	0	25	-
Chocolate Chip Cookie Cup with Vanilla BC	105	500	250	28	43	15	75	0	45	15	230	10	62	21	0	0	48	3	8	0	2	6	-
Chocolate Chip Cookie Cup with Chocolate BC	105	520	280	31	48	15	75	0.5	40	13	240	10	58	19	3	12	39	4	6	0	2	10	-

Cookie Sandwich Cookies	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							
Choc Chip Cookie Sandwich with Chocolate BC	88	430	220	25	38	12	60	0.5	35	12	220	9	49	16	3	12	33	3	6	0	2	10	-
Chocolate Chip Cookie Sandwich with Vanilla BC	88	420	200	23	35	12	60	0	40	13	220	9	52	17	0	0	39	3	6	0	2	6	-
Oatmeal Raisin Cookie Sandwich with Vanilla BC	119	490	220	24	37	13	65	0	35	12	260	11	71	24	3	12	50	4	10	0	4	8	1
Double Chocolate Cookie Sandwich with Peanut Butter	116	530	250	28	43	12	60	0	45	15	210	9	64	21	3	12	43	7	4	0	0	20	-
Double Chocolate Cookie Sandwich with Vanilla BC	122	550	250	28	43	14	70	0	45	15	160	7	72	24	2	8	53	4	6	0	0	20	-
Peanut Butter Chunk Cookie Sandwich with Chocolate BC	116	550	300	33	51	12	60	0	25	8	330	14	62	21	4	16	41	8	6	0	6	15	-
Peanut Butter Chunk Cookie Sandwich with Peanut Butter BC	118	570	310	34	52	10	50	0	30	10	370	15	60	20	4	16	39	11	6	0	4	15	-
Vegan Peanut Butter Cookie Sandwich with PB Filling	132	640	340	38	58	15	75	0	0	0	390	16	69	23	4	16	46	10	0	0	6	25	-
Vegan Molasses Cookie Sandwich	99	440	180	20	31	7	35	0	0	0	380	16	63	21	1	4	45	3	0	0	4	10	-

Killer Brownies	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							
Original Killer Brownie with Pecans, 1/4 brownie	43	200	90	10	15	5	25	0	15	5	130	5	24	8	1	4	17	2	2	0	4	6	-

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				g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV							
Cookie Dough Killer Brownie, 1/4 brownie	43	190	80	9	14	5	25	0	20	7	140	6	28	9	1	4	18	2	4	0	2	8	-	
Peanut Butter Killer Brownie, 1/4 brownie	43	210	100	11	17	5	25	0	10	3	150	6	23	8	1	4	17	3	2	0	4	4	-	
Peppermint Killer Brownie, 1/4 brownie	43	200	80	9	14	5	25	0	15	5	115	5	29	10	1	4	22	2	4	0	4	10	-	
Salted Caramel Killer Brownie, 1/4 brownie	43	200	90	10	15	5	25	0	15	5	270	11	26	9	1	4	18	2	2	0	4	6	-	