

Bakery Nutrition Facts



UPC	Desserts Bars	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
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV						
	Serving size - 1 bar	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
85850	Pumpkin Bars 2pk	85	210	70	7	11	2	10	0	30	10	75	3	31	10	2	8	19	6	70	2	8	6	
30753	Lemon Cream Bars 2pk	71	330	140	16	24	8	42	0	25	8	135	6	44	15	0	0	20	3	6	0	0	10	
86516	Walnut Cheesecake Bars 2pk	89	310	170	19	29	6	30	0	40	13	105	4	31	10	2	8	18	7	6	0	4	8	
86486	German Chocolate Bars with Pecans 2pk	83	430	250	28	43	13	66	0	15	5	140	6	39	13	4	16	24	4	8	0	4	25	
218	Cranberry Raspberry Linzer Bar 2pk	71	250	110	12	18	6	30	0	35	12	60	3	35	12	2	8	22	1	4	2	2	4	
41818	Raisin Bars 6 pk	72	250	150	17	26	10	50	0	115	38	10	0	26	9	1	4	15	2	10	0	2	4	
731947	Peanut Butter Square	94	500	310	35	54	17	85	1	55	18	200	8	47	16	3	12	38	6	15	0	2	10	
731945	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	

UPC	Chocolate Desserts	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
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV						
	Serving size - 1 strawberry	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
133848 32512	Chocolate Dipped Strawberry	36	50	25	3	4	2.5	12	0	0	0	0	0	6	2	1	4	5	1	0	30	0	6	
11955 11957	Chocolate Dipped Strawberries, 2pk, 6pk	36	50	25	3	4	2.5	12	0	0	0	0	0	6	2	1	4	5	1	0	30	0	6	
32419	Specialty Strawberry with Chocolate Curls	38	70	40	4.5	7	3	15	0	0	0	0	0	7	2	1	4	6	1	0	25	0	2	
32419	Specialty Strawberry with Coconut	37	60	30	3.5	5	3	15	0	0	0	0	0	7	2	1	4	6	1	0	25	2	6	
32419	Specialty Strawberry with Peanuts	39	80	45	5	8	3	15	0	0	0	0	0	7	2	1	4	6	1	0	25	0	2	

UPC	Puffs / Éclairs	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
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV						
43660, 43659	Cream Puffs, 1pk, 2pk, 1 Puff	68	170	110	12	18	7	35	0	55	18	70	3	14	5	0	0	9	2	8	0	2	2	
66560, 85104	Éclair, 1 pk, 2 pk, 1 Éclair	113	270	140	15	23	8	40	0	75	25	160	7	30	10	0	0	17	3	10	0	2	4	
37219	Mini Vanilla Éclair with Ganache & White Chocolate Curls 3pk, 3 Éclairs	95	300	180	20	31	9	45	0	70	23	150	6	25	8	0	0	16	4	2	0	2	2	
37219	Mini Chocolate Éclair with Ganache & Chocolate Curls 3pk, 3 Éclairs	86	290	180	20	31	9	45	0	70	23	150	6	27	9	1	4	15	1	2	0	2	4	

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UPC	Cannolis	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
		g			g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g						
17163, 37951, 38014	Cheese Filled Cannoli, 1pk, 2pk, 4pk, 1 Cannoli	92	310	130	14	22	9	45	0	20	7	120	5	34	11	1	4	24	10	0	0	25	8
43336, 43337	Cheese Filled Chocolate Cannoli, 2pk, 4pk, 1 Cannoli	107	390	200	22	34	16	80	0	20	7	120	5	42	14	2	8	28	8	2	0	15	10
17162	Cassata Cannoli with Walnuts, 1 Cannoli	112	440	220	24	37	14	70	0	15	5	110	5	44	15	3	12	31	11	0	0	20	25
37952, 38013	Mini Cheese Cannolis, 4pk, 12pk, 1 Cannoli	35	120	50	6	9	3.5	18	0	10	3	45	2	13	4	0	0	9	4	0	0	8	2
43334, 43335	Mini Cheese Filled Chocolate Cannolis, 4pk, 12pk, 2 Cannolis	90	350	180	21	32	14	70	0	20	7	95	4	38	13	2	8	25	6	2	0	10	10
43954	Pumpkin Spice Cannolis, 2pk, 1 Cannoli	78	200	100	11	17	7	35	0	20	7	180	8	25	8	0	0	16	9	0	0	20	4
43961	Mini Pumpkin Spice Cannoli, 4pk, 4 Cannolis	113	290	150	16	25	10	50	0	25	8	260	11	38	13	1	4	22	13	0		30	6
43957	Pumpkin Spice Chocolate Cannolis, 2pk, 1 Cannoli	85	290	160	18	28	13	65	0	15	5	160	7	34	11	1	4	21	8	0	0	15	8
43963	Mini Pumpkin Spice Chocolate Cannolis, 4pk, 2 Cannolis	78	280	160	17	26	12	60	0	20	7	135	6	33	11	1	4	21	6	0	0	15	8
44415	Mint Chocolate Chip Filled Cannoli 2pk, 1 Cannoli	85	310	170	19	29	13	65	0	15	5	110	5	34	11	1	4	22	8	0	0	15	8
44412	Mini Mint Chocolate Chip Filled Cannoli 4pk, 2 Cannoli	90	340	190	21	32	15	75	0	15	5	110	5	37	12	2	8	22	8	0	0	15	8
41669	Cannoli Chip & Dip To Go	142	430	160	18	28	10	50	0	40	13	180	8	57	19	<1	4	35	11	4	0	20	6
41668	Cannoli Dip with Chocolate, 2 Tbsp	31	70	30	3.5	5	2	10	0	10	3	20	1	8	3	0	0	8	3	2	0	8	0
43937	Pumpkin Spice Cannoli Dip, 2 Tbsp	35	60	35	4	6	2.5	13	0	10	3	75	3	9	3	0	0	8	4	0	0	15	0
44409	Mint Chocolate Chip Cannoli Dip, 2 Tbsp	34	80	40	4.5	7	3	15	0	10	3	30	1	9	3	0	0	9	4	0	0	10	0
40896	Cannoli Chips, 4 Chips	22	100	40	4	6	2	10	0	5	2	45	2	13	4	0	0	4	2	0	0	0	2
44687	Chocolate Cannoli Chips, 4 Chips	27	120	45	5	8	2.5	13	0	5	2	55	2	16	5	0	0	5	2	0	0	0	4
46785	Chocolate Cannoli Shells	47	240	130	14	22	10	50	0	5	2	70	3	25	8	1	4	12	3	0	0	2	8
40552	Cannoli Chip & Dip Tray	124	400	150	16	25	9	45	0	35	12	190	8	55	18	<1	4	29	9	2	0	15	8
40848	Cannoli Chip & Dip For 2	153	500	180	21	32	11	55	0	40	13	220	9	68	23	1	4	37	12	4	0	20	8
43939	Pumpkin Spice Cannoli Chip & Dip Tray	85	270	120	13	20	7	35	0	20	7	180	8	37	12	1	4	19	8	0	0	15	6
44410	Mint Chocolate Chip Cannoli Chip & Dip Tray	88	290	130	15	23	8	40	0	20	7	135	6	38	13	1	4	21	8	0	0	15	6
38062	Cheese Filled Cannoli Tray, 1 Cannoli	92	310	130	14	22	9	45	0	20	7	120	5	34	11	1	4	24	10	0	0	25	8
40968	Cannoli Chip & Dip Party Tray	122	400	150	16	25	9	45	0	35	12	180	8	54	18	1	4	29	9	2	0	15	8

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UPC	Trifles	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
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g						
79691	Chocolate Trifle, 1/3 Trifle	85	210	120	14	22	8	40	0	40	13	70	3	20	7	1	4	16	2	8	10	6	4
80600	Vanilla Trifle, 1/3 Trifle	85	170	100	11	17	7	35	0	40	13	40	2	16	5	1	4	14	1	8	10	4	2
33865	Tiramisu, 1/6 Tiramisu	80	280	180	21	32	13	65	0	85	28	120	5	20	7	0	0	17	3	15	0	6	2
23258	Banana Pudding, 1/2 cup	66	150	50	6	9	2.5	13	0	15	5	80	3	22	7	<1	3	14	2	2	4	4	2
46184	Fruit Tart Trifle	113	240	120	13	20	8	40	0	65	22	170	7	28	9	2	8	18	2	10	35	4	4

UPC	Specialty Cookie	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
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g						
28454; 12651; 61571	Chocolate Half Moon Cookie, 1pk, 2pk, 4pk, 1 Cookie	85	350	140	16	25	6	30	0	25	8	260	11	48	16	2	8	32	4	4	0	2	10
21912; 21918; 21921	Pumpkin Half Moon Cookie with Icing, 1pk, 2pk, 4pk, 1 Cookie	85	310	120	13	20	4.5	23	0	20	6	210	9	46	15	1	6	32	3	45	0	2	6
21876; 21885; 21903	Pumpkin Half Moon Cookie with Cream Cheese Icing, 1pk, 2pk, 4pk, 1 Cookie	85	320	150	17	26	8	38	0	35	11	290	12	39	13	1	4	25	3	50	0	2	6

UPC	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
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g						
82502	Iced Pan Brownie, 1/12 pan	43	170	60	7	11	2	10	0	10	3	95	4	27	9	1	4	20	1	0	0	0	8
37092	Pan Brownie with Walnuts & Chocolate Icing, 1/12 pan	43	180	70	8	12	2	10	0	10	3	85	4	25	8	1	4	18	2	0	0	2	8
34402	Brownie with Peanut Butter Icing, 1/12 pan	43	190	80	9	14	3	15	0	10	3	115	5	24	8	1	4	17	2	0	0	0	8

UPC	Mini Desserts	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
					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
37220	Mini Chocolate Cup Tartlet	55	110	60	7	11	4.5	23	0	5	2	25	1	12	4	2	8	9	1	4	20	2	6
37222	Mini Fruit Tartlet with Blueberries	45	130	70	7	11	4	20	0	10	3	35	1	14	5	<1	4	8	2	2	2	2	2
37222	Mini Fruit Tartlet with Raspberries	49	140	70	8	12	4.5	23	0	10	3	35	1	15	5	1	4	7	2	2	6	2	2
17503	Large Assorted Dessert Tray	See individual desserts for nutritional information.																					
37231	Mini Desserts Tray	See individual desserts for nutritional information.																					

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UPC	Bark	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
		g			g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV						
40506	Dark Chocolate Cinnamon Pecan Bark	43	230	180	20	31	8	40	0	0	0	0	0	19	6	3	12	13	3	0	0	2	15	
40501	White Chocolate Cranberry Pistachio Bark	42	230	140	16	25	8	40	0	10	3	35	1	21	7	1	4	19	3	0	0	8	0	
40503	Dark Chocolate Cherry Almond Bark	41	200	130	14	22	7	35	0	0	0	0	0	22	7	3	12	16	2	4	2	2	15	
40499	Dark Chocolate Cranberry Pumpkin Seed Bark	45	220	140	16	25	9	45	0	0	0	10	0	24	8	3	12	18	3	0	0	2	20	
40500	Milk Chocolate Hazelnut Bark	41	220	160	18	28	8	40	0	0	0	0	0	19	6	3	12	13	3	0	0	2	15	
40507	Dark Chocolate Pineapple Almond Ginger Bark	43	210	130	15	23	8	40	0	0	0	0	0	24	8	3	12	16	3	0	0	2	15	
40800	Dark Chocolate Peppermint Bark	43	210	130	14	22	9	45	0	0	0	0	0	22	7	3	12	18	2	0	0	2	15	
40504	Dark Chocolate Mixed Nuts Bark	43	230	170	19	29	8	40	0	0	0	20	1	19	6	3	12	12	3	0	0	2	15	
40545	Milk Chocolate Mixed Nuts Bark	43	230	170	19	29	8	40	0	0	0	20	1	19	6	3	12	12	3	0	0	2	15	
40555	Chocolate Bark Gift Box	43	220	150	17	26	8	40	0	0	0	15	1	21	7	3	12	15	3	2	0	4	15	

UPC	Miscellaneous Desserts	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
		g			g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV						
23254	Pecan Turtles, 1 turtle	92	490	220	24	37	17	85	0	20	6	100	4	66	22	2	9	54	3	5	1	8	4	
30961	Coconut Bonbon, 1 bonbon	50	390	200	23	35	22	108	0	5	1	65	3	45	15	2	10	40	2	1	0	3	2	
23255	Pralines, 1 praline	59	185	65	8	12	2	10	0	5	2	25	1	29	10	1	3	28	1	2	0	3	2	
16552	Dark Chocolate Coins	40	220	130	15	23	12	60	0	0	0	5	0	20	7	3	12	18	2	0	0	2	30	