

# Bakery Nutrition Facts



Petite Pastries	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
<b>Round Pastries, 1 ea</b>																							
Apple Round Danish	58	170	7	9	4	20	0	35	12	120	5	24	9	0	0	12	7	14	3	0	0	6	0
Blueberry Round Danish	58	160	7	9	4	20	0	35	12	115	5	23	8	0	0	11	7	14	3	0	0	6	0
Cherry Round Danish	58	160	7	9	4	20	0	35	12	115	5	23	8	0	0	11	7	14	3	0	0	6	0
Lemon Round Danish	58	160	7	9	4	20	0	35	12	120	5	23	8	0	0	11	7	14	3	0	0	6	0
Raspberry Round Danish	58	180	7	9	4	20	0	35	12	115	5	27	10	0	0	15	11	22	3	0	0	6	0
Mango Round Danish	58	160	7	9	4	20	0	35	12	110	5	23	8	0	0	11	6	12	3	0	0	6	0
Peach Round Danish	58	160	7	9	4	20	0	35	12	110	5	23	8	0	0	1	7	14	3	0	0	6	0
Coconut Custard Round Danish	60	170	8	10	5	25	0	35	12	125	5	23	8	0	0	11	6	12	3	0	0	6	0
<b>Fruit Filled Danish, 1 ea</b>																							
Fruit Filled Apple Danish	113	300	7	9	3.5	18	0	20	7	280	12	57	21	2	7	25	23	46	7	0	20	2	55
Fruit Filled Blueberry Danish	113	290	7	9	3.5	18	0	20	7	280	12	55	20	2	7	24	23	46	7	0	12	2	46
Fruit Filled Cherry Danish	113	290	7	9	3.5	18	0	20	7	280	12	54	20	2	7	24	23	46	7	0	12	2	58
Fruit Filled Coconut Danish	113	310	9	12	5	25	0	25	8	290	13	54	20	2	7	22	22	44	7	0	11	2	58
Fruit Filled Lemon Danish	113	300	7	9	4	20	0	25	8	280	12	55	20	1	7	24	24	48	7	0	11	2	43
Fruit Filled Peach Danish	113	290	7	9	3.5	18	0	20	7	270	12	54	20	2	7	24	23	46	7	0	12	2	39
Fruit Filled Raspberry Danish	113	330	7	9	3.5	18	0	20	7	280	12	63	23	2	7	32	31	2	7	0	12	2	54
<b>Variety Danish, 1ea</b>																							
Cheese Variety Danish	34	120	7	9	4	20	0	35	12	85	4	13	5	0	0	6	3	6	2	0	0	6	0
Cherry Variety Danish	46	130	6	8	3.5	18	0	30	10	80	3	18	7	0	0	9	3	6	2	0	0	6	0

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Large Cheese Danish	69	240	15	19	9	45	0	75	25	190	8	22	8	0	0	7	0	0	4	0	0	10	0
Exotic Variety Danish	34	100	4.5	6	3	15	0	25	8	75	3	12	4	0	0	5	0	0	2	0	0	6	0
Raspberry Paw Variety Danish	42	140	6	8	3.5	18	0	30	10	85	4	20	7	0	0	5	3	6	2	0	0	6	0
<b>Buns, 1ea</b>																							
Plain Sticky Bun	69	250	11	14	7	35	0	45	15	140	6	35	13	1	4	20	12	24	4	0	2	10	0
Sticky Bun with Raisins	76	270	11	14	7	35	0	45	15	140	6	41	15	1	4	24	12	24	5	0	2	10	2
Sticky Bun with Pecans	76	300	16	21	7	35	0	45	15	140	6	36	13	1	4	20	12	24	5	0	2	10	2
Sticky Bun with Pecans and Raisins	76	290	14	18	7	35	0	45	15	140	6	38	14	1	4	22	12	24	5	0	2	10	2
Cinnamon Bun	59	220	13	17	8	40	0	50	17	170	7	23	8	1	4	9	9	18	3	0	2	6	0
<b>Croissants</b>																							
Almond Croissant	79	280	14	18	5	25	0	0	0	135	6	33	12	2	7	16	15	30	6	0	2	6	0
Chocolate Croissant	85	330	17	22	10	50	0	45	15	200	9	38	14	2	7	15	10	20	6	25	2	35	2
Mini Plain Croissant	30	110	6	8	4	20	0	20	7	85	4	11	4	0	0	2	1	2	2	10	0	6	0
Mini Chocolate Croissant	34	120	7	9	4	20	0	20	7	75	3	15	5	0	0	6	2	4	2	0	0	6	0
Mini Almond Crossiant	50	180	10	13	4	20	0	20	7	95	4	19	7	1	4	8	7	14	4	10	2	6	2
Large Plain Croissant	62	220	12	15	7	35	0	35	12	180	8	23	8	1	4	4	4	8	4	0	0	10	0

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