

Bakery Nutrition Facts



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	
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	
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	
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	
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	
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	
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	
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	
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	

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	
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	
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	
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	
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	
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	

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						
Serving size - 1 puff	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
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	
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	
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	
Mini Chocolate Éclair with Ganache & Chocolate Curis 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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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	%DV	g	%DV	g	mg		%DV	mg	%DV	g	%DV	g	%DV	g						
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	
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	
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	
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	
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	
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	
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	
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	
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	
Cannoli Chip & Dip To Go	145	460	190	21	32	12	60	0	30	10	200	8	51	17	1	4	32	15	0	0	35	6	
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	
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	
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	
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	
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	
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	
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	
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	
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	
Chocolate Chip Cannoli Dip	28	80	30	3.5	5	2	10	0	5	2	25	1	9	3	0	0	9	3	0	0	10	0	
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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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	%DV						
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	
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	
Tiramisu, 1/6 Tiramisu (Bakeshop)	80	280	180	21	32	13	65	0	85	28	120	5	20	7	0	0	17	3	15	0	6	2	
Tiramisu, 1/6 Tiramisu (Vendor)	90	280	170	19	29	12	60	0	105	35	100	4	21	7	0	0	16	3	10	0	4	0	
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	
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	
MWNGCI Cookie Dough Trifle	170	820	370	42	65	22	110	1	45	15	180	8	110	37	5	20	88	6	10	0	6	20	

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	%DV						
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	
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	
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	

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	%DV						
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	
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	
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	

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	%DV						
Serving size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
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	
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	

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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
Large Assorted Dessert Tray	See individual desserts for nutritional information.																					
Mini Desserts Tray	See individual desserts for nutritional information.																					

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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	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV						
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	
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	
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	
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	
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	
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	
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	
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	
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	

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	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g	%DV						
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	
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	
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	
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	