



NUTRITIONAL GRID

Item #	Description	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
NE-MO's												
242	Brookies	1 Brookie (42.5g/1.5oz)	160	7	2	0	15	115	26	2	17	2
			Total	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
			Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
Crumble Cakes												
120	Blueberry Crumble Cake	1 Crumble Cake (3.9oz)	390	17	3.5	0	35	360	54	1	29	5
121	Lemon Raspberry Crumble Cake	1 Crumble Cake (3.9oz)	400	19	4	0	50	380	55	1	32	5
122	Cinnamon Streusel Crumble Cake	1 Crumble Cake (3.9oz)	420	18	4.5	0	40	370	59	1	34	5
			Total	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
			Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
Cake Squares												
204-6	Carrot Cake Square	1 Cake (102g/3.6oz)	390	21	5	0	50	380	47	1	34	4
104-6	Chocolate Cake Square	1 Cake (85g/3oz)	300	12	3	0	35	280	44	2	30	4
304-6	Banana Cake Square	1 Cake (85g/3oz)	300	12	3.5	0	40	320	45	<1	32	4
408-6	Red Velvet Cake Square	1 Cake (85g/3oz)	290	11	3	0	30	400	47	<1	34	3
106-6	Black & White Cake Square	1 Cake (85g/3oz)	300	14	4	0	35	300	42	1	29	4
			Total	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
			Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
Cake Slices												
953	Marble Pound Cake Slice	1 slice (57g/ 2oz)	230	12	5	0	40	330	29	0	17	3
963	Golden Pound Cake Slice	1 slice (57g/ 2oz)	230	11	4.5	0	40	330	28	0	16	3
983	Chocolate Chip Puddin' Slice	1 slice (57g/ 2oz)	230	11	2.5	0	30	220	31	<1	20	2
993	Chocolate Puddin' Cake Slice w/Choc Chips	1 slice (57g/ 2oz)	240	12	2.5	0	30	230	31	1	20	3
9012	Lemon Pound Cake Slice	1 Slice (113g/4oz)	430	18	4	0	60	600	60	<1	35	6
9212	Carrot Cake Slice	1 Slice (113g/4oz)	530	28	4.5	0	85	530	64	3	37	7
9512	Strawberry 'n Crème Cake Slice	1 Slice (113g/4oz)	440	21	4	0	75	480	59	<1	36	5
9612	All Butter Pound Cake Slice	1 Slice (113g/4oz)	430	19	11	0.5	130	580	61	<1	36	6
			Total	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
			Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
Breads												
8012	Zesty Lemon Bread	1 Piece (113g/4oz)	450	20	3.5	0	56	520	61	1	35	7
8112	Sweet Potato Bread	1 Piece (113g/4oz)	460	22	3.5	0	56	530	60	2	34	6
8212	Carrot Bread	1 Piece (113g/4oz)	450	22	4	0	56	480	56	2	33	7
9312	Banana Bread	1 Piece (113g/4oz)	460	23	4	0	56	490	57	1	34	7
8812	Wild Blueberry Bread	1 Piece (113g/4oz)	430	20	3.5	0	56	380	58	1	32	6
8612	Cheese Coffee Cake	1 Piece (113g/4oz)	460	21	5	0	40	540	62	<1	33	6
8712	Coffee Cake	1 Piece (113g/4oz)	450	19	7	0	34	510	64	1	37	5
8113	Sriracha Jalapeno Cornbread	2 Piece (113g/4oz)	410	18	3	0	55	580	55	1	24	6
			Total	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
			Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
Bundts												
1112	Chocolate Bundt Cake	1 Piece (113g/4oz)	380	14	3	0	30	600	62	2	45	5
1212	Key Lime Bundt Cake	1 Piece (113g/4oz)	440	18	3	0	42	500	67	0	47	4
1412	Orange Dreamswirl Bundt Cake	1 Piece (113g/4oz)	440	18	3	0	42	490	67	0	47	4
1413	Coconut Pineapple Bundt Cake	2 Piece (113g/4oz)	410	18	4.5	0	35	330	60	1	42	3
			Total	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
			Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
Danish												
621	Blueberry Cheese Pocket Danish	1 Danish (133g/4.7oz)	510	26	13	0	40	500	59	2	23	9
631	Cherry Cheese Pocket Danish	1 Danish (133g/4.7oz)	510	26	13	0	40	480	60	2	24	9
640	Round Cheese Danish	1 Danish (113g/4oz)	450	21	10	0	30	470	59	1	33	7
641	Cheese Pocket Danish	1 Danish (133g/4.7oz)	550	31	16	0	55	570	56	2	22	11
721	Apple Cinnamon Pocket Danish	1 Danish (133g/4.7oz)	470	20	10	0	30	430	63	2	26	8
740	Round Cinnamon Danish	1 Danish (113g/4oz)	470	22	10	0	25	440	61	2	33	7
			Total	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
			Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
Cinnamon Rolls												
1313	Big Momma Cinnamon Roll	1 Roll (177g/6.3oz)	740	35	16	0	40	550	97	3	52	11
1371	Old Fashioned Cinnamon Roll	1 Roll (113g/4oz)	490	25	10	0	25	600	60	2	30	7
1375	Pull Apart Cinnamon Roll	1 Roll (125g/4.4oz)	510	22	10	0	40	380	72	2	37	7
			Total	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
			Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
Muffins												
2001	Wild Blueberry Muffin	1 Muffin (113g/4oz)	400	18	3	0	40	570	52	1	28	6
3001	Banana Nut Muffin	1 Muffin (113g/4oz)	420	19	3	0	45	380	57	2	31	7
11012	Chocolate Chip Muffin	1 Muffin (113g/4oz)	460	24	6	0	50	570	57	1	35	6
			Total	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein
			Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber (g)	(g)	(g)
Pies												
1642	Ne-Mo's Apple Pie	1 pie (4.25oz)	450	22	12	0.5	25	400	59	1	24	3
1643	Ne-Mo's Cherry Pie	1 pie (4.25oz)	450	22	12	0.5	25	350	58	1	24	4
1644	Ne-Mo's Lemon Pie	1 pie (4.25oz)	440	22	12	0.5	25	370	57	1	23	3
1645	Ne-Mo's Chocolate Pie	1 pie (4.25oz)	440	22	12	0.5	25	350	56	1	24	4