



NUTRITIONAL GRID

Item #	Description	Serving Size	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
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
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
504-6	Lemon Buttercream Cake Square	1 Cake (85g/3oz)	320	16	5	0	45	320	42	0	29	3
505-6	Pumpkin Spice Cake Square	1 Cake (85g/3oz)	290	14	4	0	40	360	37	1	23	4
506-6	Vanilla Birthday Cake Square	1 Cake (85g/3oz)	320	16	5	0	45	300	42	0	29	3
507-6	Peppermint Mocha Cake Square	1 Cake (85g/3oz)	270	13	4	0	30	270	39	1	27	3
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
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
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
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
Cinnamon Rolls												
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
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