

Nutritional Content of Bakery Products

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Name/Description of Item	Serving Size	Total Calories (per serving)	Fat (grams)	Carbohydrate (grams)	Cholesterol (mg)	Sodium (mg)
Apple Walnut Crème Cake	1/16 cake	320	15	43	45	240
Buttercream Cupcake	1	330	16	45	20	170
Chocolate Layer Cake (vanilla icing)	1/8 cake	340	17	45	25	190
Cookies 'n crème cake	1/16 cake	360	21	44	20	170
Chocolate crème cake	1/16	300	14	39	45	270
German chocolate cake	1/16 cake	310	16	41	30	200

Italian crème cake	Approx 3 oz (1/20 th)	330	18	41	30	180
Red Velvet Cake	1/16 cake	340	16	46	35	190
Luscious Lemon Cake	1/16 cake	340	18	45	30	200
Coconut Cake	1/14 cake	330	17	43	35	200
Fudge Cake	1/18 cake	300	16	39	25	170
Carrot Cake	1/18	340	18	44	25	230
7-Up Crème Cake	1/16 cake	300	15	40	40	230
Orange Pineapple Crème Cake	1/16 cake	310	15	42	45	240
Chocolate Chip cookies	2 cookies	130	7	17	5	95
Sugar Cookies	2 cookies	110	5	16	5	65
Strawberry Crème cake	1/16 cake	310	16	40	45	240
Sweet Potato Pie	1/5	420	19	58	45	250
Vanilla Crème Cake	1/16 cake	290	15	40	45	250

Cherry Pie (unbaked)	1/6 pie	310	14	43	0	260
Peach Pie	1/6	300	14	40	0	300
Pumpkin Pie	1/5 pie	350	15	51	45	430
Large wheat roll (bolillo)	1 roll	218	3.5	41	0	402
Large Chicago style (white - bolillo)	1 roll	208	2	40	0	404
Biscuit	1	190	9	23	0	600
Hot dog bun	1	150	2.5	27	0	290
Sandwich Bun	1	170	3	31	0	330
English toasting loaf	1 slice	70	0.5	14	0	140
Raisin loaf	1 slice	80	1	16	0	120
Carraway Seeded Rye	1 slice	70	0.5	14	0	150
Wheat Bread	1 slice	80	1	15	0	140
Pumpnickel Rye	1 slice	70	0	14	0	135

Honey Dinner Rolls	1 roll	110	2	22	Less than 5mg	180
Wheat dinner rolls	1 roll	100	1	18	0	190
Hoagie rolls	1 roll	180	1	37	1	480
Kaiser roll	1 roll	160	2	31	0	300
White enriched bread	1 slice	80	1	15	0	160
Enriched Italian bread	1/8 loaf	140	1	30	0	380
Bagels						
Sesame	1	250	3	49	0	490
Blueberry	1	260	1.5	55	0	470
Cinnamon-Raisin	1	270	2.5	57	0	450
Honey Oatbran	1	280	3	57	0	560
Glazed Yeast Donut	1	220	12	29		
Glazed Cake Donut	1	360	18	44		
Glazed Choc. Cake Donut	1	330	15	48		
Glazed & Choc. Cake Donut	1	420	21	53		

Glazed Sour Cream Cake Donut	1	350	16	48
Glazed BB Cake Donut	1	350	17	47
Apple Fritter	3 oz	450	30	42
Glazed Fr. Cruller		200	12	20
Glazed Twist	1	220	14	33
Glazed Fluff Bar	1	370	16	52
Choc. Glazed Fluff	1	370	18	48
Glazed Rasp. Bismark	1	320	10	51
Choc. Rasp. Bismark	1	330	13	51
Glazed Sour Cream Stick	1	390	18	52

Bakery Muffins

All bakery muffins have an average of 420 calories/ 22 grams of fat/0 trans fats and 53 grams carbohydrates

Bakery Yeast Roll

Serving size: 1 Roll

Calories: 150

Cholesterol 0mg

Total Fat 2.5g

Sodium 115 mg

Saturated Fat 0.5g

Total Carbohydrate 27g

Trans Fat 0g

Dietary Fiber (Less than 1 gram)

Sugars 7g

Protein 4g