

6/17/2021 10:13:02

Nutritional Facts Bakery

Serving Size (oz)	Serving Size (g)	Calories (kcal)	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Total Sugars (g)	Added Sugars (g)	% Daily Value**	Protein (g)	Vitamin D (mcg)	% Daily Value**	Calcium (mg)	% Daily Value**	Iron (mg)	% Daily Value**	Potassium (mg)	% Daily Value**
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* Items May Contain Or May Come In Contact With The Following Known Allergens: Wheat, Soy, Peanuts, Egg, Tree Nuts, Milk, Fish, Shellfish, and Crustacean.

** 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

CAKES

White Cake Filled w/ 2 Lbs Van Mousse	1/16 slice	113	360	19	24%	10	50%	0.5	40	13%	370	16%	44	16%	1	4%	32	29	58%	4	0	0%	67	6%	1	6%	92	2%
Chocolate Cake Filled w/ 2 Lbs Chocolate Mousse	3.2	90	330	17	22%	7	35%	0	5	2%	270	12%	42	15%	1	4%	34	30	60%	3	0	0%	35	2%	1	6%	36	0%
10" Chocolate cake Filled with Chocolate Mousse	1/16 slice	113	390	18	23%	7	35%	0	10	3%	360	16%	57	21%	2	7%	45	44	88%	4	0	0%	50	4%	3	15%	131	2%
10" White cake Filled w/Vanilla Mousse	1/16 slice	113	440	21	27%	9	45%	0	15	5%	370	16%	59	21%	0	0%	46	44	88%	3	0	0%	55	4%	1	6%	118	2%
Tuxedo Chocolate Mousse Bar Cake	1/12	99	370	23	29%	11	55%	0	65	22%	210	9%	37	13%	2	7%	20	20	40%	5	1	6%	78	6%	1	6%	4	0%
Caramel Flan	1/16	85	230	9	12%	5	25%	0	130	43%	110	5%	31	11%	0	0%	31	28	56%	7	1	6%	118	10%	1	6%	105	2%
Cheese Flan (Item #45535)	1/16	2.9	250	10	13%	6	30%	0	135	45%	140	6%	33	12%	0	0%	33	31	62%	8	1	6%	130	10%	1	6%	198	4%
Caramel Tres Leches Bar Cake	1/16	78	190	9	12%	4	20%	0	40	13%	180	8%	25	9%	0	0%	18	16	32%	2	0	0%	48	4%	1	6%	72	2%
Deluxe Almond Cake	1/12	80	310	15	19%	7	35%	0	60	20%	290	13%	42	15%	0	0%	30	30	60%	3	0	0%	20	2%	1	6%	41	0%
Tiramisu Bar Cake	3.2	90	210	11	14%	8	40%	0	55	18%	150	7%	31	11%	1	4%	23	22	44%	3	0	0%	39	4%	2	10%	79	2%
All American Mini Cakes w/Fudge	1/2 cake	120	450	19	24%	7	35%	0	0	0%	360	16%	68	25%	2	7%	53	50	100%	5	0	0%	43	4%	4	20%	237	6%

CHEESECAKES

Plain Cheesecake	1/16	128	420	29	37%	18	90%	1	115	38%	330	14%	34	12%	1	4%	27	24	48%	6	0	0%	78	6%	0	0%	72	2%
Strawberry Topped Cheesecake	1/16	156	440	29	37%	18	90%	1	120	40%	340	15%	37	13%	1	4%	29	24	48%	7	0	0%	81	6%	0	0%	105	2%
Mango Cheesecake	1/16	145	460	28	36%	17	85%	1	105	35%	380	17%	47	17%	0	0%	39	35	70%	6	0	0%	64	4%	0	0%	84	2%
Guava Cheesecake	1/16	138	460	26	33%	16	80%	1	100	33%	360	16%	50	18%	1	4%	41	37	74%	6	0	0%	58	4%	1	6%	75	2%

PIES

Double Crust Apple Pie	1/16	133	350	13	17%	4	20%	0	0	0%	350	15%	54	20%	2	7%	31	24	48%	3	0	0%	0	0%	1	6%	0	0%
Double Crust Apple Pie made with Organic Apples	1/16	133	360	13	17%	4	20%	0	0	0%	450	20%	57	21%	1	4%	28	21	42%	2	0	0%	0	0%	1	6%	0	0%
Key Lime Pie	1/16	120	370	17	22%	13	65%	0	30	10%	210	9%	51	19%	1	4%	44	39	78%	6	0	0%	192	15%	1	6%	247	6%
Chocolate Cream Pie	1/12	104	430	31	40%	19	95%	0	20	7%	210	9%	36	13%	2	7%	25	23	46%	3	0	0%	44	4%	2	10%	44	0%
Custard Pie	1/12 slice	137	410	29	37%	16	80%	0	125	42%	170	7%	35	13%	0	0%	24	19	38%	7	1	6%	56	4%	1	6%	23	0%

COOKIES

Chocolate Chunk Cookies (Item# 37220/ 34423)	1 each	43	200	10	13%	4	20%	0	10	3%	115	5%	26	9%	1	4%	16	15	30%	2	0	0%	22	2%	1	6%	0	0%
White Chunk Double Nut (Item# 34423)	1 each	46	220	12	15%	5	25%	0	20	7%	170	7%	28	10%	1	4%	17	17	34%	3	1	6%	27	2%	1	6%	51	2%
Oatmeal Raisin (Item# 34423)	1 each	50	220	8	10%	2	10%	0	5	2%	85	4%	35	13%	2	7%	19	18	36%	3	0	0%	22	2%	1	6%	96	2%
Raspberry Walnut Rugula w/ Cream Cheese	1 each	28	110	8	10%	4.5	22%	0	20	7%	85	4%	9	3%	0	0%	4	2	4%	1	0	0%	0	0%	<1	2%	0	0%
Chocolate Rugula w/ Cream Cheese	1 each	28	120	8	10%	4.5	22%	0	20	7%	85	4%	11	4%	0	2%	5	2	4%	2	0	0%	0	0%	1	6%	0	0%
Raspberry Crumble Cookie 12 CT	1 each	59	320	17	22%	11	55%	0	45	15%	85	4%	40	15%	0	0%	21	21	42%	2	0	0%	11	0%	2	10%	58	2%
Decadent Fudge Brownie	1/16	106	470	25	32%	14	70%	0.5	30	10%	280	12%	58	21%	2	7%	42	42	84%	3	0	0%	35	2%	1	6%	228	4%
Mini Choc Chip Cookies 60 CT	3 each	34	170	8	10%	5	25%	0	15	5%	85	4%	24	9%	1	4%	15	14	28%	2	0	0%	14	2%	1	6%	61	2%
S'More Shortbread Cookies 12 CT	1 each	76	370	19	24%	14	70%	0.5	35	12%	270	12%	43	16%	2	7%	23	22	44%	4	0	0%	64	4%	2	10%	151	4%

BREADS

Country French 2 Pack (#1394091)	2	57	170	1.5	2%	0	0%	0	0	0%	300	13%	32	12%	1	4%	1	0	0%	6	0	0%	12	0%	2	10%	70	2%
Rosemary Parmesan 2 Pack (37003)	2	57	160	3	4%	1	5%	0	5	2%	310	13%	26	9%	1	4%	0	0	0%	6	0	0%	68	6%	2	10%	45	0%
Rosemary (Kosher only) 2 Pack	2	57	150	1.5	2%	0	0%	0	0	0%	290	13%	28	10%	1	4%	0	0	0%	5	0	0%	22	2%	2	10%	48	2%
Kirkland Signature Baguette (#45694)	2	56	120	0	0%	0	0%	0	0	0%	280	12%	25	9%	1	3%	1	0	0%	4	0	0%	10	0%	1.7	10%	10	0%
Baguette 2 Pack (#45071)	2	57	140	0.5	1%	0	0%	0	0	0%	320	14%	29	11%	1	4%	1	0	0%	5	0	0%	8	0%	2	10%	39	0%
Multigrain 2 Pack (Item #1343904)	2	57	150	2.5	3%	0	0%	0	0	0%	240	10%	27	10%	3	11%	2	2	4%	6	0	0%	22	2%	2	10%	111	2%
Cherry Almond Brioche	1/12	85	310	14	18%	7	35%	0	60	20%	260	11%	40	15%	1	4%	21	19	38%	5	0	0%	196	15%	1	6%	158	4%

ROLLS

Dinner Rolls	1 roll	39	130	4.5	6%	1	5%	0	0	0%	150	7%	20	7%	1	4%	3	2	4%	4	0	0%	27	2%	1	6%	57	2%
Artisan Rolls 12 Count	1 bun	100	240	1.5	2%	0.3	2%	0	0	0%	630	26%	48	16%	2	8%	0	0	0%	8	0	0%	11	2%	3	15%	70	2%
Butter Croissants (#1199652)	1 each	69	280	16	21%	10	50%	0.5	50	17%	300	13%	30	11%	1	4%	5	4	8%	6	0	0%	22	2%	2	10%	78	2%
Agua Bread	1 each	91	310	13	17%	3.5	18%	0	0	0%	410	18%	41	15%	3	11%	1	1	2%	9	0	0%	22	2%	3	15%	108	2%

MUFFINS

Blueberry Muffin	1/2	83	290	15	19%	3.5	18%	0	55	18%	250	11%	34	12%	1	4%	17	16	30%	0	0	0%	17	2%	1	6%	24	0%
Double Chocolate Muffin	1/2	83	330	18	23%	5	25%	0	60	20%	260	11%	38	14%	1	4%	21	21	40%	5	0	0%	22	2%	2	10%	115	2%
Corn Muffin	1/2	83	260	9	12%	1.5	8%	0	50	17%	450	20%	40	15%	1	4%	20	19	40%	5	0	0%	44	4%	1	6%	74	2%
Almond Poppy Muffin	1/2	83	320	18	23%	4	20%	0	65	22%	290	13%	36	13%	1	4%	18	18	35%	5	0	0%	53	4%	1	6%	41	0%
Apple Crumb Muffin	1/2	87	320	15	19%	4.5	23%	0	55	18%	240	10%	42	15%	1	4%	24	19	40%	4	0	0%	21	2%	1	6%	38	0%
Coffeecake Muffin	1/2	87	330	15	19%	9	45%	0.5	85	28%	350	15%	46	17%	1	4%	26	26	50%	4	0	0%	44	4%	1	6%	43	0%
Vanilla Chocolate Chunk Muffin	1/2	83	320	16	21%	4	20%	0	45	15%	240	10%	39	14%	1	4%	22	21</										

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	Nutritional Facts Bakery																											

COFFEECAKE & LOAVES

Butter Cinnamon Sugar Loaves 3 Pack	1 slice	55	220	11	14%	7	35%	0	55	18%	220	10%	27	10%	1	4%	18	18	35%	2	0	0%	22	2%	1	6%	16	0%
Butter Pound Cake 3 Pack	2.7	76	280	14	18%	8	40%	0	90	30%	370	16%	34	12%	0	0%	18	18	35%	4	0	0%	23	2%	1	6%	21	0%

DANISH & PASTRY

Braided Apple Strudel	1 each	155	500	26	33%	11	55%	0	0	0%	400	17%	64	23%	2	7%	26	22	44%	5	0	0%	14	2%	2	10%	69	2%
Mayorca Suprema	1 piece	59	190	4.5	6%	2.5	13%	0	20	7%	200	9%	34	12%	1	4%	14	12	24%	4	0	0%	27	2%	1	6%	64	2%
Agua Bread	1 roll	91	270	6	8%	1.5	8%	0	0	0%	470	20%	46	17%	2	7%	1	1	2%	8	0	0%	16	2%	3	15%	67	2%
Quesitos: Guava Cocktail	2 pieces	41	170	9	12%	6	30%	0	5	2%	170	7%	19	7%	1	4%	8	4	8%	2	0	0%	18	2%	1	6%	31	0%
Quesitos: Mini Pina Strudel	2 pieces	41	170	9	12%	6	30%	0	5	2%	170	7%	19	7%	1	4%	8	4	8%	2	0	0%	18	2%	1	6%	31	0%
Quesitos Cocktail	2 pieces	41	170	9	12%	6	30%	0	5	2%	170	7%	19	7%	1	4%	8	4	8%	2	0	0%	18	2%	1	6%	31	0%
Sweet Rolls	1 roll	47	150	2.5	3%	1	5%	0	15	5%	170	7%	27	10%	1	4%	8	8	16%	4	0	0%	21	2%	1	6%	56	2%
Cinnamon Pull-A-Part	1 roll	66	250	10	13%	6	30%	0	30	10%	200	9%	35	13%	1	4%	16	16	32%	4	0	0%	32	2%	1	6%	66	2%
Mini Cran Orange Bisconie 12 CT (#1389984)	1 each	43	190	7	9%	3.5	18%	0	40	13%	170	7%	31	11%	1	4%	19	18	36%	2	0	0%	21	2%	1	6%	41	0%
Strawberry Filled Croissant 6 CT (#1272097)	1 each	90	310	15	19%	9	45%	0.5	50	17%	290	13%	39	13%	1	4%	16	15	30%	5	0	0%	24	2%	2	10%	105	2%
Almond Cream Filled Danish (1474179)	1 each	156	760	47	60%	23	115%	1	135	45%	370	16%	72	26%	4	14%	33	30	60%	13	0	0%	86	6%	3	15%	260	6%
Cream Cheese Filled Danish (1474179)	1 each	156	580	34	44%	22	110%	1	115	38%	570	25%	59	21%	1	4%	29	26	52%	9	0	0%	55	4%	2	10%	122	2%
Cherry Filled Danish (1474179)	1 each	156	460	20	26%	13	65%	0.5	60	20%	360	16%	64	23%	2	7%	30	25	50%	6	0	0%	28	2%	2	10%	129	2%
Apple Filled Danish (1474179)	1 each	156	480	21	27%	14	70%	0.5	65	22%	380	17%	66	24%	2	7%	32	28	56%	6	0	0%	28	2%	2	10%	136	2%
Guava & Cream Cheese Filled Danish (1474179)	1 each	156	560	28	36	18	90%	1	90	30%	470	20%	68	25%	2	7%	35	29	58%	8	0	0%	43	4%	2	10%	104	2%
Ham & Cheese Pastry (1530560)	1 each	150	600	38	49	23	115%	1	120	40%	880	38%	44	16%	2	7%	9	7	14%	22	0	0%	342	25%	3	15%	102	2%

BAGELS

Plain Bagel (#31865)	1 ea	113	300	1.5	2%	0	0%	0	0	0%	620	27%	61	22%	2	7%	5	5	10%	12	0	0%	17	2%	4	20%	96	2%
Parmesan Bagel (#31865)	1 ea	127	380	9	12%	2.5	13%	0	5	2%	710	31%	61	22%	2	7%	6	5	10%	14	0	0%	101	8%	4	20%	96	2%
Onion Bagel (#31865)	1 ea	113	310	3	4%	0	0%	0	0	0%	570	25%	59	21%	2	7%	5	4	8%	12	0	0%	59	4%	4	20%	107	2%
Cinnamon Raisin Bagel (#31865)	1 ea	113	300	1	1%	0	0%	0	0	0%	540	23%	64	23%	4	14%	14	13	25%	10	0	0%	41	4%	4	20%	96	2%
Sesame Bagel (#31865)	1 ea	113	310	6	8%	0	0%	0	0	0%	540	23%	58	21%	2	7%	5	4	8%	13	0	0%	32	2%	4	20%	123	2%
Plain (item #1335089)	1 ea	113	290	1	1%	0	0%	0	0	0%	540	23%	59	21%	4	14%	6	4	8%	11	0	0%	20	2%	3	15%	100	2%
Everything (item #1335089)	1 ea	113	300	2.5	3%	0	0%	0	0	0%	480	21%	58	21%	4	14%	7	4	8%	12	0	0%	60	4%	4	20%	190	4%
Cinnamon Raisin (item #1335089)	1 ea	113	300	1	1%	0	0%	0	0	0%	470	20%	63	23%	4	14%	14	6	12%	10	0	0%	30	2%	3	15%	170	4%
Parmesan Bagel (Item #1335811)	1 ea	113	300	3	4%	2	10%	0	5	2%	580	25%	56	20%	4	14%	5	4	8%	13	0	0%	100	8%	3	15%	100	2%
Sesame Bagel (Item #1335813)	1 ea	113	300	3	4%	0.5	3%	0	0	0%	520	23%	58	21%	4	14%	5	4	8%	11	0	0%	20	2%	4	20%	110	2%

CHOCOLATE

SNACKS