

BREADS AND BAGELS

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
210054000004	WHOLE GRAIN BAGELS	1 Each	128	310	30	3.5	0	0	0	13	9	650	10	64
210599000002	BUTTERED BAGELS	1 Each	156	510	210	23	14	0	60	12	8	910	5	67
210621000000	BLUEBERRY BAGELS	1 Each	128	310	10	1	0	0	0	12	8	710	5	68
210622000009	CINNAMON RAISIN BAGELS	1 Each	128	310	10	1	0	0	0	11	11	680	6	69
210623000008	EGG BAGELS	1 Each	128	320	10	1	0	0	0	12	8	790	5	67
210624000007	EVERYTHING BAGELS	1 Each	128	320	20	2	0	0	0	12	8	790	5	67
210626000005	ONION BAGELS	1 Each	128	310	10	1	0	0	0	12	8	710	5	68
210627000004	PLAIN BAGELS	1 Each	128	310	10	1	0	0	0	12	8	720	5	67
210628000003	POPPY SEED BAGELS	1 Each	128	320	20	2	0	0	0	12	8	710	5	67
210629000002	PUMPERNICKEL BAGELS	1 Each	128	310	10	1	0	0	0	11	7	650	6	67
210630000008	SESAME SEED BAGELS	1 Each	128	320	20	2	0	0	0	12	8	710	5	67
210631000007	WHOLE WHEAT BAGELS	1 Each	128	300	10	1	0	0	0	11	8	660	7	67
210642000003	ASIAGO CHEESE BAGELS	1 Each	128	320	25	3	1.5	0	5	13	7	760	5	64
210717000006	CHOCOLATE CHIP BAGELS	1 Each	128	320	25	2.5	1	0	0	11	10	690	5	68
212579000002	COUNTRY APPLE BAGELS	1 Each	128	320	10	1	0	0	0	11	13	670	6	70
212580000008	PUMPKIN RAISIN BAGELS	1 Each	128	310	10	1	0	0	0	11	11	660	5	67
212581000007	CRANBERRY ORANGE BAGELS	1 Each	128	310	10	1	0	0	0	11	10	680	6	69
212584000004	JALAPENO CHEDDAR BAGELS	1 Each	128	320	30	3.5	3.5	0	5	13	8	900	6	72
212586000002	SUNDRIED TOMATO BAGELS	1 Each	128	310	10	1	0	0	0	12	8	730	5	68
212588000000	PUMPERNICKEL RAISIN BAGELS	1 Each	128	310	10	1	0	0	0	11	7	650	6	67
212589000009	EGG EVERYTHING BAGELS	1 Each	128	310	20	2	0	0	0	12	8	720	5	67
212590000005	SPROUTED MULTIGRAIN & HONEY BAGELS	1 Each	128	310	20	2	0	0	0	12	8	720	5	67
213308000003	8 GRAIN BAGELS	1 Each	113	310	15	1.5	0	0	0	10	3	420	3	60
213309000002	CINNAMON RAISIN BAGELS	1 Each	113	310	10	1	0	0	0	10	10	410	2	63
213310000008	EGG ALL NATURAL BAGEL	1 Each	113	330	20	2.5	0	0	30	10	5	480	2	65
213311000007	CINNAMON CRUNCH BAGEL	1 Each	113	320	15	1.5	0	0	0	10	9	430	2	66
213312000006	ONION BAGELS	1 Each	113	320	10	1	0	0	0	10	6	460	2	65
213313000005	PLAIN BAGELS	1 Each	113	310	10	1	0	0	0	10	5	460	2	63
213314000004	POPPY BAGELS	1 Each	117	330	25	3	0	0	0	11	5	460	3	64
213315000003	PUMPERNICKEL BAGELS	1 Each	113	300	10	1	0	0	0	10	3	660	5	62
213316000002	SESAME BAGELS	1 Each	117	330	30	3.5	0	0	0	11	5	460	3	63
213318000000	BLUEBERRY BAGELS	1 Each	113	310	10	1	0	0	0	9	9	420	2	64
213321000004	SUNDRIED TOMATO BAGELS	1 Each	113	310	10	1	0	0	0	10	5	460	2	63
213333000009	FRENCH TOAST BAGEL	1 Each	113	320	15	1.5	0	0	0	10	10	420	2	66
213334000008	EVERYTHING BAGEL	1 Each	120	330	20	2.5	0	0	0	10	5	1320	2	65
212071000005	TRIBECA-FRENCH DEMI BAGUETTE BREAD	1 Each	106	190	10	1	0	0	0	7	1	440	1	38
210001000002	KAISER ROLLS	1 Each	85	240	50	6	1	0	0	8	2	390	3	39
210014000006	ONION ROLLS	1 Each	64	170	25	3	0.5	0	0	4	4	240	4	32
210023000004	KNOT ROLLS	1 Each	78	240	60	6	0	0	10	8	4	240	3	37
210031000003	WHEAT KAISER ROLLS	1 Each	78	220	50	6	1	0	0	8	2	310	3	35
210035000009	ONION POCKET ROLLS	1 Each	71	140	20	2	0	0	5	5	5	210	1	27
210040000001	STEAK/SAUSAGE ROLLS	1 Each	92	240	50	5	0	0	0	10	2	430	3	42
210044000007	CLUB ROLLS	1 Each	71	200	50	5	0	0	0	7	1	320	3	32
210122000004	3 COUNT CROISSANTS MADE WITH REAL BUTTER	1 Each	89	300	140	15	5	0	10	5	5	320	1	34
210512000003	PORTUGUESE ROLLS - VIEIRA	1 Each	85	200	20	2	0	0	0	8	0	420	2	40
210679000007	BOLILLO ROLLS	1 Each	92	290	70	8	0	0	0	10	1	470	2	47
210944000008	PRETZEL BUNS-SANDWICH/HAMBURGER	1 Each	85	270	45	5	0.5	0	0	9	0	510	2	50
210945000007	PRETZEL ROLLS-STEAK/SUBMARINE	1 Each	85	250	30	3.5	0.5	0	0	8	0	460	1	45
212990000001	SOFT PRETZEL NUGGETS 8 COUNT	1 Each	13	35	5	0.5	0	0	0	1	0	60	0	6
212991000000	SOFT PRETZEL NUGGETS 28 COUNT	1 Each	85	270	45	5	0.5	0	0	9	0	510	2	50
212992000009	SOFT PRETZEL NUGGETS 56 COUNT	1 Each	85	270	45	5	0.5	0	0	9	0	510	2	50
490000101522	BUTTERMILK BISCUIT DOUGH	3 oz.	90	280	120	13	8	0	0	6	3	970	1	34

CAKES AND CUPCAKES

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
89449021029	VANILLA BUTTERCREME-DARK CHOCOLATE WITH WHITE STRING	1 oz	30	140	50	5	3.5	0	5	1	20	15	1	21
89449021012	VANILLA BUTTERCREME-MILK CHOCOLATE WITH WHITE STRING	1 oz	30	140	50	5	3.5	0	5	1	20	20	0	21
89449024020	VANILLA CARAMEL-DARK CHOCOLATE WITH MILK STRING	1 oz	30	130	50	6	3.5	0	10	1	14	30	1	19
89449025126	VANILLA CARAMEL-DARK CHOCOLATE WITH SEA SALT	1 oz	30	130	50	6	3.5	0	10	1	14	150	1	19
89449024013	VANILLA CARAMEL-MILK CHOCOLATE WITH DARK STRING	1 oz	30	130	50	6	3.5	0	10	1	14	30	0	19
21019800007	PUMPKIN SPICE CAKE SLICE-PELLMAN 1/8	1 Slice	198	650	340	37	13	0	105	7	45	490	2	77
210391000002	PEACH PARFAIT	1 Each	234	530	190	21	17	0	10	3	65	330	1	82
210659000003	CHERRY PARFAIT	1 Each	234	530	190	21	17	0	10	3	64	370	1	82
210696000004	GERMAN CHOCOLATE CAKE 1/8	1 Slice	170	680	380	43	17	0	85	9	43	650	2	72
210701000005	BLACK FOREST CAKE 1/8	1 Slice	177	720	370	41	18	0	85	7	42	770	2	81
210722000008	WHITE COCONUT CAKE 1/8	1 Slice	156	590	300	33	20	0	35	6	44	330	2	72
210725000005	CHOCOLATE PEANUT BUTTER PARFAIT	1 Each	278	690	290	33	22	0	25	8	69	460	3	93
210733000004	PELLMAN FUDGY PB RIPPLE CAKE 1/8	1 Slice	198	710	370	41	21	0	35	9	62	370	4	84
210756000005	FRESH STRAWBERRY PARFAIT	1 Each	234	500	190	21	17	0	10	3	59	360	1	75
210757000004	BLUEBERRY PARFAITS	1 Each	234	570	190	21	17	0	10	3	73	410	1	91
210758000003	CHOCOLATE PARFAIT	1 Each	213	490	180	20	16	0	25	4	55	330	2	75
210761000007	BANANA PARFAITS	1 Each	213	510	190	21	17	0	10	3	59	390	1	77
210774000001	LEMON PARFAIT	1 Each	213	510	190	22	17	0	10	3	59	420	0	76
210802000003	PELLMAN CHOCOLATE CREME CAKE 1/8	1 Slice	142	460	210	24	11	0	55	7	35	550	2	53
210811000001	PELLMAN CARROT CAKE 1/8	1 Slice	213	880	540	60	16	0	130	10	48	740	2	76
210840000003	PELLMAN BANANA CAKE 1/8	1 Slice	156	530	240	27	15	0	65	5	47	340	2	69
210872000002	TRIPLE CHOCOLATE CAKE 1/8	1 Slice	198	690	300	34	15	0	55	9	69	410	6	97
210905000009	TOUCH OF STRAWBERRY CAKE (1/8)	1 Slice	170	670	320	35	17	0	85	7	43	720	0	79
210940000002	PEANUT BUTTER CUP TRIPLE CHOCOLATE CAKE-1/8	1 Slice	213	800	390	44	16	0	75	11	69	350	4	96
212143000001	PELLMAN RASPBERRY CHOCOLATE CAKE 1/8	1 Slice	241	790	330	37	17	0	65	9	86	550	6	116
212190000009	BOSTON CREME PARFAITS	1 Each	213	640	260	29	20	0	10	4	75	360	2	89
212324000004	CHOCOLATE CHERRY PARFAITS	1 Each	234	510	170	19	15	0	25	4	60	330	2	81
212325000003	APPLE PARFAIT	1 Each	234	540	190	21	17	0	10	3	68	360	1	84
212326000002	CHOCOLATE FRESH STRAWBERRY PARFAITS	1 Each	234	490	190	21	17	0	25	3	57	320	2	73
212684000003	BAKERY CRUMB CAKE APPLE CARAMEL	1 Each	170	670	330	37	18	0	80	9	39	460	2	83
212686000001	BAKERY ORIGINAL BUTTER CRUMB CAKE	1 Each	170	720	360	40	12	0	80	8	40	550	1	85
212993000008	RAINBOW 4 LAYER CAKE SLICE	1 Each	112	450	230	26	8	0	60	3	33	230	0	53
213718000006	BAKERY CRUMB CAKE APPLE CARAMEL	1 Each	170	670	330	37	18	0	80	9	39	460	2	83
213720000001	BAKERY ORIGINAL BUTTER CRUMB CAKE	1 Each	170	720	360	40	12	0	80	8	40	550	1	85
213929000000	CARROT CAKE SQUARES WITH WALNUTS	1 Each	213	960	520	57	14	0	60	8	85	510	4	106
210775000000	CHOCOLATE COATED STRAWBERRIES- 3 CT.	1 Each	38	70	35	4	2.5	0	0	1	6	5	1	8
210795000004	CHOCOLATE DIPPED STRAWBERRIES-6 CT	1 Each	38	60	40	4	2.5	0	0	1	6	0	1	8
210796000003	CHOCOLATE DIPPED STRAWBERRIES-12 CT	1 Each	38	70	35	4	2.5	0	0	1	7	10	1	8
212334000001	SINGLE VANILLA CUPCAKE WITH VANILLA BUTTERCREME	1 Each	64	260	100	12	4	0	10	2	18	160	0	38
212335000000	SINGLE VANILLA CUPCAKE WITH CHOCOLATE BUTTERCREME	1 Each	64	260	100	12	4	0	10	2	16	160	0	36
212336000009	SINGLE VANILLA CUPCAKE WITH VANILLA SATIN WHIP	1 Each	57	210	90	10	7	0	10	2	8	160	0	28
212337000008	SINGLE VANILLA CUPCAKE WITH CHOCOLATE SATIN WHIP	1 Each	57	200	80	9	6	0	10	3	7	160	0	28
212338000007	SINGLE CHOCOLATE CUPCAKE WITH VANILLA BUTTERCREME	1 Each	64	240	100	11	3.5	0	15	2	29	210	1	37
212339000006	SINGLE CHOCOLATE CUPCAKE WITH CHOCOLATE BUTTERCREME	1 Each	64	240	100	11	3.5	0	15	2	27	210	1	35
212340000002	SINGLE CHOCOLATE CUPCAKE WITH VANILLA SATIN WHIP	1 Each	57	190	80	9	6	0	15	2	19	200	1	27
212363000003	SINGLE CHOCOLATE CUPCAKE WITH CHOCOLATE SATIN WHIP	1 Each	57	180	70	8	6	0	15	3	18	200	1	27
212814000002	VANILLA BUTTERCREME CHOCOLATE CRITTER CUPCAKE	1 Each	191	810	350	39	14	0	45	4	97	420	2	114
212815000001	DOUBLE DUTCH CHOCOLATE LOVERS CHOCOLATE CUPCAKE	1 Each	196	710	320	35	12	0	45	5	80	510	4	100
212816000000	DOUBLE DUTCH CHOCOLATE LOVERS VANILLA CUPCAKE	1 Each	196	710	310	34	12	0	25	5	80	440	3	99
212817000009	PEANUT BUTTER BUTTERCREME CHOCOLATE CUPCAKE	1 Each	175	680	320	35	11	0	45	7	70	490	3	87
212818000008	PEANUT BUTTER BUTTERCREME VANILLA CUPCAKE	1 Each	175	680	310	35	11	0	25	7	70	420	2	87
212819000007	CHOCOLATE BUTTERCREME SIMPLY CHOCOLATE CUPCAKE	1 Each	119	440	190	21	7	0	45	4	48	400	2	64
212820000003	CHOCOLATE BUTTERCREME SIMPLY VANILLA CUPCAKE	1 Each	119	450	180	20	7	0	25	4	48	330	1	63
212821000002	CHOCOLATE SATIN WHIP SIMPLY CHOCOLATE CUPCAKE	1 Each	104	350	140	16	9	0	45	4	33	380	2	49
212822000001	CHOCOLATE SATIN WHIP SIMPLY VANILLA CUPCAKE	1 Each	104	350	140	15	9	0	25	4	33	310	1	48
212823000000	VANILLA BUTTERCREME SIMPLY CHOCOLATE CUPCAKE	1 Each	119	450	190	21	7	0	45	4	51	400	2	65
212824000009	VANILLA BUTTERCREME SIMPLY VANILLA CUPCAKE	1 Each	119	450	180	20	6	0	25	4	51	330	1	65
212825000008	VANILLA SATIN WHIP SIMPLY CHOCOLATE CUPCAKE	1 Each	104	360	150	17	10	0	45	4	34	380	2	48
212826000007	VANILLA SATIN WHIP SIMPLY VANILLA CUPCAKE	1 Each	104	360	150	16	10	0	25	4	34	310	1	48
212828000005	VANILLA BUTTERCREME CHOCOLATE BIRTHDAY CUPCAKE	1 Each	149	580	250	28	9	0	45	4	65	420	2	81
212829000004	VANILLA BUTTERCREME VANILLA BIRTHDAY CUPCAKE	1 Each	149	580	250	27	9	0	25	4	66	360	1	80
212830000000	VANILLA SATIN WHIP CHOCOLATE BIRTHDAY CUPCAKE	1 Each	128	430	210	23	16	0	45	4	40	400	2	54
212831000009	VANILLA SATIN WHIP VANILLA BIRTHDAY CUPCAKE	1 Each	128	440	200	22	16	0	25	4	40	330	1	53
212832000008	CHOCOLATE SATIN WHIP CHOCOLATE STRAWBERRY CUPCAKE	1 Each	149	410	180	20	13	0	45	5	38	400	2	56
212833000007	CHOCOLATE SATIN WHIP VANILLA STRAWBERRY CUPCAKE	1 Each	149	410	170	19	12	0	25	5	38	330	1	55
212834000006	VANILLA SATIN WHIP CHOCOLATE STRAWBERRY CUPCAKE	1 Each	149	420	190	21	14	0	45	5	40	400	2	55
212835000005	VANILLA SATIN WHIP VANILLA STRAWBERRY CUPCAKE	1 Each	149	420	180	20	14	0	25	5	40	330	1	54
212836000004	CHOCOLATE BUTTERCREME CHOCOLATE ROSE CUPCAKE	1 Each	192	800	370	41	15	0	45	4	91	460	3	109
212837000003	CHOCOLATE BUTTERCREME VANILLA ROSE CUPCAKE	1 Each	192	810	360	40	14	0.5	25	4	91	400	2	108
212838000002	CHOCOLATE SATIN WHIP CHOCOLATE ROSE CUPCAKE	1 Each	149	530	250	28	21	0	45	5	47	420	2	66

212839000001	CHOCOLATE SATIN WHIP VANILLA ROSE CUPCAKE	1 Each	149	530	240	27	21	0	25	5	47	360	1	65
212840000007	VANILLA BUTTERCREME CHOCOLATE ROSE CUPCAKE	1 Each	192	820	370	41	14	0	45	4	97	460	2	113
212841000006	VANILLA BUTTERCREME VANILLA ROSE CUPCAKE	1 Each	192	820	360	40	14	0.5	25	4	97	390	1	113
212842000005	VANILLA SATIN WHIP CHOCOLATE ROSE CUPCAKE	1 Each	149	540	270	30	23	0	45	5	50	420	2	64
212843000004	VANILLA SATIN WHIP VANILLA ROSE CUPCAKE	1 Each	149	540	270	29	23	0	25	5	50	360	1	64
212971000006	VANILLA/CHOCOLATE BUTTERCREME CHOCOLATE BLACK/WHITE CUPCAKE	1 Each	198	770	340	38	13	0	45	4	89	490	3	107
212972000005	VANILLA/CHOCOLATE BUTTERCREME VANILLA BLACK/WHITE CUPCAKE	1 Each	198	770	340	37	13	0.5	25	4	89	430	2	107
212973000004	VANILLA/CHOCOLATE SATIN WHIP CHOCOLATE BLACK/WHITE CUPCAKE	1 Each	156	520	250	27	21	0	45	5	49	420	2	66
212974000003	VANILLA/CHOCOLATE SATIN WHIP VAN BLACK/WHITE CUPCAKE	1 Each	156	530	240	27	20	0	25	5	49	350	1	65
212975000002	VANILLA/CHOCOLATE BUTTERCREME CHOCOLATE BIRTHDAY CUPCAKE	1 Each	149	570	250	28	10	0	45	4	61	420	2	77
212976000001	VANILLA/CHOCOLATE BUTTERCREME VANILLA BIRTHDAY CUPCAKE	1 Each	149	570	250	27	9	0	25	4	61	360	1	77
212977000000	CHOCOLATE SATIN WHIP CHOCOLATE LOVER CUPCAKE	1 Each	140	440	190	21	14	0	45	5	41	400	2	58
212978000009	CHOCOLATE SATIN WHIP VANILLA CHOCOLATE LOVER CUPCAKE	1 Each	140	440	190	21	14	0	25	5	41	330	1	58
212979000008	CHOCOLATE SATIN WHIP CHOCOLATE BIRTHDAY CUPCAKE	1 Each	128	420	190	21	14	0	45	5	38	400	2	55
212980000004	CHOCOLATE SATIN WHIP VANILLA BIRTHDAY CUPCAKE	1 Each	128	420	180	20	14	0	25	5	38	330	1	54
212981000003	VANILLA BUTTERCREME VANILLA CRITTER CUPCAKE	1 Each	191	810	350	38	13	0.5	25	4	98	360	1	113
212982000002	VANILLA SATIN WHIP CHOCOLATE CRITTER CUPCAKE	1 Each	163	600	290	32	22	0	45	5	59	440	2	76
212983000001	VANILLA SATIN WHIP VANILLA CRITTER CUPCAKE	1 Each	163	600	280	31	21	0	25	5	59	370	1	76
213986000005	COCONUT MERINGUE SLICE	1 Slice	163	410	180	20	10	0	0	5	39	290	1	56
213987000004	CHOCOLATE MERINGUE SLICE	1 Slice	163	440	180	20	11	0	0	5	39	310	1	59
213996000002	LEMON MERINGUE SLICE	1 slice	163	340	90	10	4.5	0	0	1	41	400	0	61
89449574563	3 RING DARK CHOCOLATE RED/WHITE STRING	1 oz	30	150	70	7	4.5	0	0	2	11	115	1	19
89449536868	3 RING MILK CHOCOLATE RED/WHITE STRING	1 oz	30	150	70	7	4	0	5	2	12	135	1	19

CANDY AND FUDGE

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
89449120029	RASPBERRY JELLY DARK CHOCOLATE	1 oz	30	120	30	3.5	2.5	0	0	1	18	20	1	23
376950000842	RASPBERRY NAPOLEON	1 oz	30	150	70	8	4.5	0	10	2	9	60	0	20
376950003294	RASPBERRY POCKET COOKIE	1 oz	30	150	60	7	3.5	0	0	2	8	60	0	20
376950009098	SNOWBALL MELT-A-WAY	1 oz	30	150	80	8	4.5	0	0	2	8	85	0	19
37695000206	STRAWBERRY LEAF COOKIE	1 oz	30	160	80	8	6	0	5	2	6	70	1	28
89449116039	WHITE CHOCOLATE 3 RING PRETZEL	1 oz	30	150	60	7	6	0	5	1	14	135	0	20
89449673570	WHITE CHOCOLATE COOKIE CUP	1 oz	30	150	70	8	5	0	0	1	15	100	1	20
89449015035	WHITE COCONUT BON BON	1 oz	30	150	50	5	5	0	0	1	20	20	0	22
89449003025	ALMOND BARK DARK CHOCOLATE	1 oz	30	160	100	11	5	0	5	3	12	5	2	14
89449003018	ALMOND BARK MILK CHOCOLATE	1 oz	30	170	100	11	5	0	5	3	13	15	1	15
89449006101	ALMOND BUTTERCRUNCH	1 oz	30	150	70	8	3.5	0	5	2	17	90	1	19
89449131124	BULK-CHOCOLATE TRUFFLE-DARK	1 oz	30	140	60	6	4	0	5	1	17	10	1	19
89449679718	BULK-DARK PRITZEL W/RED-GREEN STRING	1 oz	30	150	70	7	4.5	0	0	2	11	115	1	19
89449672757	BULK-MILK PRETZEL W/REESE'S PIECES	1 oz	30	150	60	7	4.5	0	0	3	14	90	1	19
89449101011	BULK-PECAN CARAMEL PATTIE-MILK	1 oz	30	150	80	9	4	0	10	2	13	30	1	16
89449136457	BULK-SUGAR FREE CHERRY IN SILVER FOIL-MILK	1 oz	30	100	60	6	3.5	0	5	1	17	0	1	18
89449139816	BULK-SUGAR FREE MILK PRETZEL	1 oz	30	130	70	8	4.5	0	5	2	11	110	1	19
89449135511	BULK-SUGAR FREE PECAN CARAMEL PATTIE-MILK	1 oz	30	120	70	8	3.5	0	5	2	18	0	1	19
89449137218	BULK-SUGAR FREE VANILLA CARAMEL MILK	1 oz	30	110	60	6	4	0	10	1	19	10	0	19
89449011013	CASHEW CARAMEL PATTIE-MILK CHOCOLATE	1 oz	30	140	70	8	4	0	10	2	13	35	1	17
89449036122	CHERRY GOLD FOILED-DARK CHOCOLATE	1 oz	30	130	60	6	3.5	0	5	1	16	10	1	18
89449050036	COCONUT HAYSTACK WHITE MILK BOTTOM	1 oz	30	170	100	11	9	0	5	2	16	35	2	17
89449678766	DARK CHOCOLATE PRETZEL W/FALL STRING	1 oz	30	150	70	7	4.5	0	0	2	11	120	1	19
89449675116	DARK CHOCOLATE PRETZEL W/WHITE STRING	1 oz	30	150	70	8	5	0	0	2	12	100	1	19
89449021227	DARK CHOCOLATE VANILLA BUTRCRM W/SEA SALT	1 oz	30	140	50	5	3.5	0	5	1	20	160	1	21
89449116022	DARK CHOCOLATE 3 RING PRETZEL	1 oz	30	150	70	8	4.5	0	5	2	11	120	1	19
89449096126	DARK CHOCOLATE PEANUT BUTTER CUP	1 oz	30	160	100	11	6	0	5	3	14	40	1	16
89449800198	DARK CHOCOLATE VANILLA CREAM DROP	1 oz	30	140	25	3	2	0	0	1	23	40	1	26
89449054003	DOUBLE DIPT MINT- MILK/DARK CHOCOLATE	1 oz	30	130	45	5	3	0	5	1	20	5	1	22
89449060011	FUDGE MELTAWAY WITH CHOCOLATE	1 oz	30	150	60	6	4	0	5	2	18	30	1	20
89449096614	MILK CHOCOLATE PEANUT BUTTER CARAMEL CUP	1 oz	30	150	80	8	4.5	0	5	2	13	40	1	16
89449114653	MILK CHOCOLATE PRETZEL WITH CHOCOLATE NONPAREILS	1 oz	30	140	60	7	4.5	0	0	1	18	45	1	22
89449114615	MILK CHOCOLATE PRETZEL WITH MULTI SEEDS	1 oz	30	130	45	5	3	0	5	2	13	105	1	21
89449672504	MILK CHOCOLATE PRETZEL WITH PEANUT BUTTER MINI CHIPS	1 oz	30	150	70	8	5	0	5	4	12	105	1	18
89449679701	MILK CHOCOLATE PRETZEL WITH RED-GREEN STRING	1 oz	30	150	70	7	4.5	0	5	2	12	135	1	19
89449539357	MILK CHOCOLATE PRETZEL WITH SAND COOKIE CHIPS	1 oz	30	140	60	7	3.5	0	0	2	12	135	1	20
89449114769	MILK CHOCOLATE PRETZEL WITH TOFFEE CHIPS	1 oz	30	150	60	6	3.5	0	10	2	15	140	1	21
89449025119	MILK CHOCOLATE VANILLA CARAMEL WITH SEA SALT	1 oz	30	130	50	6	3.5	0	10	1	15	150	0	19
89449116015	MILK CHOCOLATE 3 RING PRETZEL	1 oz	30	150	60	6	4.5	0	5	2	12	130	1	19
89449027014	MILK CHOCOLATE CARAMEL & MARSHMALLOW	1 oz	30	130	35	4	2.5	0	5	1	15	25	0	21
89449096119	MILK CHOCOLATE PEANUT BUTTER CUP	1 oz	30	160	100	11	6	0	5	3	14	40	1	16
89449099011	MILK CHOCOLATE PEANUT CLUSTER	1 oz	30	160	100	12	4	0	5	4	10	15	1	13
89449864312	MILK CHOCOLATE POTATO CHIP CLUSTER	1 oz	30	160	90	10	5	0	5	2	11	50	1	17
89449674454	MILK CHOCOLATE SMORES	1 oz	30	130	50	5	3	0	5	2	16	40	1	21
89449127011	MILK CHOCOLATE STRAWBERRY CREAM	1 oz	30	130	35	4	2.5	0	5	1	22	10	0	23
89449611060	NONPAREILS DARK CHOCOLATE RED/WHITE SEEDS	1 oz	30	150	70	8	4.5	0	0	2	16	0	2	20
89449163026	NONPAREILS DARK CHOCOLATE	1 oz	30	150	70	8	5	0	5	2	16	10	2	19
89449163019	NONPAREILS MILK CHOCOLATE	1 oz	30	160	70	8	5	0	5	2	17	20	1	20
89449163187	PEANUT BUTTER NONPAREILS WITH WHITE SEEDS	1 oz	30	140	50	6	8	0	0	3	14	60	1	17
89449102018	PEANUT SMOOTHIE	1 oz	30	170	100	11	6	0	5	3	14	45	1	15
89449116718	PRETZEL MILK CHOCOLATE WITH JIMMIES	1 oz	30	150	70	7	3.5	0	5	2	12	95	1	20
89449114554	PRETZEL MILK CHOCOLATE WITH M&M'S	1 oz	30	140	60	7	4	0	5	2	16	65	0	20

COOKIES AND BROWNIES

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
376958004170	CHERRY JELLY TOP COOKIES	1 oz	30	150	80	9	8	0	0	2	6	40	0	17
89449036115	CHERRY RED FOILED-MILK CHOCOLATE	1 oz	30	130	60	6	3.5	0	5	1	17	15	1	18
376958004002	CHOCOLATE DRIZZLED SPRITZ COOKIES	1 oz	30	190	100	11	7	0	0	1	11	50	1	23
376950018212	HONEY DUTCH BOY COOKIE	1 oz	30	140	60	7	4.5	0	10	2	6	80	0	19
89449072021	JUMBO VANILLA MARSHMALLOW-DARK CHOCOLATE	1 oz	30	120	35	4	3	0	0	1	15	15	1	22
376950004802	LINZER TARTS	1 oz	30	140	70	8	4.5	0	0	1	7	80	0	19
376950002686	PISTACHIO LEAF COOKIES	1 oz	30	150	80	8	6	0	0	2	8	70	1	18
376950003430	RAINBOW LAYER COOKIES	1 oz	30	140	70	8	5	0	15	1	11	55	0	18
376950007520	RAINBOW SPRINKLE COOKIES	1 oz	30	160	90	10	7	0	0	1	8	35	0	18
212276000008	GOURMET FUDGE BROWNIES	1 Each	96	370	120	13	4	0	0	4	40	310	2	61
212277000007	GOURMET WALNUT FUDGE BROWNIES	1 Each	96	390	160	17	4	0	0	5	37	280	3	57
376950050724	SUGAR FREE CHOCOLATE CHIP COOKIES	1 oz	30	150	80	9	8	0	0	2	0	60	3	18
376950050410	SUGAR FREE CHOCOLATE MARBLE COOKIES	1 oz	30	150	80	9	7	0	0	2	0	0	3	17
376950050892	SUGAR FREE ORANGE FAN COOKIES	1 oz	30	130	80	8	6	0	0	2	0	35	2	17

DONUTS AND PASTRIES														
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
210108000004	ANGEL CREME FILLED CHOCOLATE ICED DONUTS	1 Each	120	470	220	24	9	1	0	6	32	360	1	60
210110000009	BAVARIAN CREME FILLED CHOCOLATE ICED DONUTS	1 Each	120	360	150	16	6	0	0	6	18	370	2	47
210111000008	LEMON FILLED WHITE ICED DONUTS	1 Each	120	360	130	14	5	0	0	6	24	370	1	52
210210000008	CHOCOLATE YEAST RAISED GLAZED DONUTS	1 Each	106	330	140	16	4.5	0	0	7	18	430	2	51
210258000008	GLAZED RAISED DONUTS	1 Each	92	310	120	13	5	0	0	5	17	320	1	44
210259000007	GLAZED APPLE FRITTERS	1 Each	106	370	160	18	7	0	0	5	20	370	2	50
210264000009	COFFEE RING GLAZED	1 Each	106	360	140	15	6	0	0	6	17	370	3	51
210280000007	GLAZED CHOCOLATE CAKE DONUTS	1 Each	85	320	140	16	6	0	10	4	21	330	1	42
210283000004	GLAZED CAKE DONUTS	1 Each	85	330	140	16	6	0	15	4	22	440	1	43
210289000008	GLAZED SOUR CREAM CAKE DONUTS	1 Each	85	330	140	15	6	0	10	4	23	310	1	46
210291000003	APPLE CRISP GLAZED CAKE DONUTS	1 Each	85	310	120	13	5	0	25	4	25	330	1	47
210292000002	PUMPKIN GLAZED CAKE DONUTS	1 Each	85	300	120	13	6	0	25	4	22	370	1	43
210416000000	RED VELVET GLAZED CAKE DONUTS	1 Each	85	310	120	13	6	0	25	4	23	380	2	44
212040000005	JELLY FILLED DONUTS-SUFGANYOT	1 Each	92	250	0	0	0	0	0	4	53	45	1	58
212850000004	WHITE ICED RAISED DONUTS	1 Each	92	320	120	13	5	0	0	5	17	320	1	43
212851000003	CINNAMON SUGAR RAISED DONUTS	1 Each	78	280	120	13	5	0	0	5	9	320	2	35
212852000002	SUGARED RAISED DONUTS	1 Each	78	280	120	13	5	0	0	5	9	320	1	35
212853000001	POWDERED RAISED DONUTS	1 Each	78	280	120	13	5	0	0	5	7	320	1	34
212854000000	CHOCOLATE ICED RAISED DONUTS	1 Each	92	330	150	16	6	0	0	5	13	340	2	40
212855000009	COCONUT CHOCOLATE ICED RAISED DONUTS	1 Each	99	360	160	18	6	0	0	5	16	340	2	45
212856000008	COCONUT WHITE ICED RAISED DONUTS	1 Each	99	350	140	16	7	0	0	5	17	320	1	43
212857000007	PEANUT BUTTER ICED RAISED DONUTS	1 Each	92	330	140	15	6	0	0	6	15	340	1	41
212860000001	GLAZED STRAWBERRY CAKE DONUTS	1 Each	106	400	170	19	8	0	30	4	31	380	1	55
212861000000	SUGARED STRAWBERRY CAKE DONUTS	1 Each	92	370	170	19	8	0	30	4	23	380	1	46
212862000009	VANILLA ICED STRAWBERRY CAKE DONUTS	1 Each	106	410	170	19	8	0	30	4	31	380	1	54
212863000008	CHOCOLATE ICED STRAWBERRY CAKE DONUTS	1 Each	106	420	200	22	9	0	30	4	27	400	2	51
212864000007	GLAZED BLUEBERRY CAKE DONUTS	1 Each	85	330	140	16	7	0	25	4	25	350	1	44
212865000006	SUGARED BLUEBERRY CAKE DONUTS	1 Each	78	320	140	16	7	0	25	4	22	350	1	40
212866000005	VANILLA ICED BLUEBERRY CAKE DONUTS	1 Each	92	360	150	16	7	0	25	4	30	350	1	48
212867000004	SUGARED VANILLA CAKE DONUTS	1 Each	78	320	140	16	6	0	15	4	19	440	1	39
212868000003	CHOCOLATE ICED VANILLA CAKE DONUTS	1 Each	92	370	170	19	7	0	15	4	23	460	2	44
212869000002	SUGARED SOUR CREAM CAKE DONUTS	1 Each	78	320	140	15	6	0	10	4	20	310	1	42
212870000008	POWDERED CHOCOLATE CAKE DONUTS	1 Each	78	310	150	16	6	0	10	4	16	330	1	37
212871000007	VANILLA ICED CHOCOLATE CAKE DONUTS	1 Each	92	350	150	16	6	0	10	4	26	330	1	46
212872000006	CHOCOLATE ICED CHOCOLATE CAKE DONUTS	1 Each	92	360	170	19	7	0	10	4	22	350	2	43
212873000005	CHOCOLATE CREAMIE CAKE DONUTS	1 Each	85	340	180	20	7	0	10	4	19	340	1	39
212874000004	ANGEL CREME FILLED DONUT WITH SPRINKLES	1 Each	128	520	250	28	10	0	0	6	33	350	2	63
212875000003	ANGEL CREME FILLED CHOCOLATE ICED DONUT COCONUT	1 Each	128	520	260	28	12	0	0	6	31	350	2	58
212876000002	ANGEL CREME FILLED GLAZED DONUT	1 Each	120	470	210	23	9	0	0	6	34	340	1	62
212877000001	ANGEL CREME FILLED POWDERED DONUT	1 Each	106	440	210	23	9	0	0	6	25	330	1	52
212878000000	PEANUT BUTTER FILLED CHOCOLATE ICED DONUT	1 Each	135	570	300	33	11	0	0	9	34	410	3	62
212879000009	PEANUT BUTTER FILLED POWDERED DONUT	1 Each	120	520	270	30	11	0	0	9	28	390	2	56
212880000005	PEANUT BUTTER FILLED AND ICED DONUT	1 Each	140	600	310	34	12	0	0	10	37	420	3	66
212881000004	LEMON FILLED POWDERED DONUT	1 Each	106	320	130	14	6	0	0	6	14	370	1	43
212882000003	LEMON FILLED VANILLA ICED COCONUT DONUT	1 Each	128	390	150	16	7	0	0	6	24	370	1	53
212883000002	LEMON FILLED VANILLA ICED CRUMB DONUT	1 Each	135	420	150	17	7	0	0	7	30	390	1	62
212884000001	BAVARIAN CREME CHOCOLATE ICED SPRINKLED DONUT	1 Each	128	390	160	18	6	0	0	6	21	370	2	53
212885000000	BAVARIAN CREME FILLED POWDERED DONUT	1 Each	106	310	120	13	5	0	0	6	12	350	1	41
212886000009	BAVARIAN CREME VANILLA ICED COCONUT DONUT	1 Each	128	380	140	16	7	0	0	6	23	350	1	51
212887000008	BAVARIAN CREME CHOCOLATE ICED COCONUT DONUT	1 Each	128	390	170	19	8	0	0	6	19	370	2	48
212888000007	BAVARIAN CREME GLAZED DONUTS	1 Each	120	350	120	13	5	0	0	6	22	350	1	52
212889000006	APPLE FILLED VANILLA ICED CRUMB DONUTS	1 Each	135	420	140	16	6	0	0	7	29	360	1	63
212890000005	APPLE FILLED VANILLA ICED CINNAMON DONUTS	1 Each	128	380	120	13	5	0	0	6	31	340	2	60
212891000004	APPLE FILLED VANILLA ICED DONUTS	1 Each	120	350	120	13	5	0	0	6	24	340	1	53
212892000003	APPLE FILLED POWDERED DONUTS	1 Each	106	320	120	14	5	0	0	6	14	340	1	43
212893000009	VANILLA ICED COFFEE RING	1 Each	106	370	140	15	6	0	0	6	17	370	3	50
212894000008	CHOCOLATE ICED COFFEE RING	1 Each	106	380	160	18	7	0	0	6	13	390	4	47
212895000007	PEANUT BUTTER ICED COFFEE RING	1 Each	106	380	160	17	7	0	0	7	15	390	3	48
212896000006	CINNAMON SUGAR COFFEE RING	1 Each	92	330	130	15	6	0	0	6	9	370	4	42
212897000005	CINNAMON SUGAR APPLE FRITTERS	1 Each	92	340	160	18	7	0	0	5	12	370	3	41
212898000004	GLAZED TWIST DONUTS	1 Each	78	260	90	10	4	0	0	5	17	250	1	38
212899000003	CINNAMON SUGAR TWIST DONUTS	1 Each	64	230	90	10	4	0	0	5	9	250	2	29
212900000008	JELLY FILLED VANILLA ICED DONUTS	1 Each	106	350	120	13	5	0	0	6	25	320	1	52
212901000007	JELLY FILLED PEANUT BUTTER ICED DONUTS	1 Each	106	360	140	15	6	0	0	7	23	340	1	50
212902000006	JELLY FILLED POWDERED DONUTS	1 Each	92	320	120	13	5	0	0	6	15	320	1	43
212903000005	JELLY FILLED VANILLA ICED CRUMB DONUTS	1 Each	120	420	140	16	6	0	0	6	31	340	1	62
212904000004	RASPBERRY FILLED POWDERED DONUT	1 Each	106	330	120	13	5	0	0	6	23	350	1	47
212905000003	RASPBERRY FILLED VANILLA ICED DONUT	1 Each	120	370	120	13	5	0	0	6	33	350	1	57
212906000002	RASPBERRY FILLED PEANUT BUTTER ICED	1 Each	120	380	140	15	6	0	0	7	30	370	1	55
212907000001	RASPBERRY FILLED SUGARED DONUT	1 Each	106	330	120	13	5	0	0	6	25	350	1	48

212908000000	RASPBERRY FILLED VANILLA ICED CRUMB DONUT	1 Each	135	440	140	16	6	0	0	7	38	380	1	67
212909000009	RED VELVET POWDERED CAKE DONUTS	1 Each	78	300	120	13	6	0	25	4	18	380	2	39
212910000005	RED VELVET SUGARED CAKE DONUTS	1 Each	78	300	120	13	6	0	25	4	20	380	2	40
212911000004	RED VELVET VANILLA ICED CAKE DONUTS	1 Each	99	370	140	15	6	0	25	4	31	380	2	54
212912000003	RED VELVET CREAM CHEESE CAKE DONUTS	1 Each	99	410	180	20	9	0	30	4	31	400	2	51
212913000002	PUMPKIN POWDERED CAKE DONUTS	1 Each	78	290	120	13	6	0	25	4	17	370	1	38
212914000001	PUMPKIN SUGARED CAKE DONUTS	1 Each	78	290	120	13	6	0	25	4	19	370	1	39
212915000000	PUMPKIN CINNAMON SUGARED CAKE DONUTS	1 Each	78	290	120	13	6	0	25	4	19	370	2	39
212916000009	PUMPKIN VANILLA ICED CAKE DONUTS	1 Each	92	330	120	13	6	0	25	4	27	370	1	47
212917000008	APPLE CRISP POWDERED CAKE DONUTS	1 Each	78	300	120	13	5	0	25	4	20	330	1	42
212918000007	APPLE CRISP SUGARED CAKE DONUTS	1 Each	78	300	120	13	5	0	25	4	22	330	1	43
212919000006	APPLE CRISP CINNAMON SUGARED CAKE DONUTS	6 Each	78	300	120	13	5	0	25	4	22	330	2	43
212921000001	APPLE CRISP VANILLA ICED CAKE DONUTS	1 Each	92	340	120	13	5	0	25	4	30	330	1	51
212922000000	PUMPKIN LOG DONUTS	1 Each	121	440	170	18	7	0	0	6	33	350	2	63
212923000009	BANANA SPLIT LONG JOHN DONUT	1 Each	120	360	150	16	6	0	0	6	20	370	2	48
212934000005	GLAZED FRENCH CRULLERS	1 Each	60	210	130	14	3.5	4	30	1	10	85	0	18
212935000004	VANILLA ICED FRENCH CRULLERS	1 Each	60	210	130	15	3.5	4	30	1	10	80	0	18
212936000003	CHOCOLATE ICED FRENCH CRULLERS	1 Each	60	210	150	16	4.5	4	30	1	7	95	0	15
212937000002	RASPBERRY CHEESECAKE DONUT	1 Each	120	410	170	18	7	0	0	6	31	370	1	55
212938000001	BROWNIE BATTER LONG JOHN DONUTS	1 Each	113	420	190	21	8	0	0	7	23	370	2	51
212939000000	CHOCOLATE YEAST RAISED CHOCOLATE ICED DONUTS	1 Each	106	350	170	19	6	0	0	7	14	450	3	47
212940000006	CHOCOLATE YEAST RAISED GRANULATED SUGAR DONUTS	1 Each	92	300	140	16	4.5	0	0	7	10	430	2	42
212941000005	CHOCOLATE YEAST RAISED POWDERED DONUTS	1 Each	92	300	150	16	4.5	0	0	7	8	430	2	41
212942000004	CHOCOLATE YEAST RAISED WHITE ICED DONUTS	1 Each	106	340	150	16	4.5	0	0	7	18	430	2	50
212943000003	VANILLA ICED CAKE DONUTS	1 Each	92	360	150	16	6	0	15	4	27	440	1	47
212944000002	CINNAMON SUGAR CAKE DONUTS	1 Each	78	320	140	16	6	0	15	4	19	430	2	39
210104000008	CREAM PUFFS	1 each	98	320	160	18	3.5	1	95	5	24	240	1	38
210105000007	ECLAIRS	1 each	105	330	160	18	3.5	1	95	5	25	250	1	39
210240000009	APPLE TURNOVERS	1 Each	133	360	100	12	4.5	0	0	5	31	380	1	58
210242000007	BLUEBERRY TURNOVERS	1 Each	133	430	180	20	10	0	0	4	36	250	1	59
210243000006	CHERRY TURNOVERS	1 Each	133	350	100	12	4.5	0	0	5	31	380	1	56
210285000002	APPLE DUMPLINGS	1 Each	220	510	210	23	6	0	0	6	28	70	4	72
210972000001	LARGE CANNOLI - FILLED	1 Each	106	320	90	10	8	0	50	10	31	60	0	41
212035000003	LOBSTER TAIL SFOGLIATELLE PASTRY	1 Each	192	490	160	17	7	0	65	10	26	690	2	73
213653000000	APPLE TURNOVERS	1 Each	64	190	70	8	4	0	0	2	14	50	1	26
213654000009	JELLY TURNOVERS	1 Each	71	220	80	8	4	0	0	2	22	35	0	34
213655000008	BLUEBERRY TURNOVERS	1 Each	71	220	80	8	4	0	0	2	21	40	1	33
213656000007	CHERRY TURNOVERS	1 Each	71	210	80	8	4	0	0	2	18	25	1	30
213694000007	APPLE DANISH SNAILS	1 Each	106	270	100	11	4.5	0	0	4	21	330	0	41
213695000006	BLUEBERRY DANISH SNAILS	1 Each	106	280	100	11	4.5	0	0	4	25	320	0	46
213697000004	CHEESE DANISH SNAILS	1 Each	106	310	150	16	8	0	15	5	20	370	0	40
213698000003	CHERRY DANISH SNAILS	1 Each	106	270	100	11	4.5	0	0	4	21	300	0	42
213699000002	CINNAMON SUGAR DANISH SNAILS	1 Each	78	250	100	11	4.5	0	0	4	18	270	1	38
213701000006	COCONUT CUSTARD DANISH SNAILS	1 Each	113	290	120	13	7	0	0	4	19	320	0	40
213702000005	STREUSSEL TOPPED DANISH SNAILS	1 Each	81	280	120	14	6	0	0	4	15	290	0	38
213704000003	LEMON FILLED DANISH SNAILS	1 Each	106	270	110	12	5	0	0	4	21	340	0	42
213705000002	PEACH DANISH SNAILS	1 Each	106	270	100	11	4.5	0	0	4	21	280	0	41
213706000001	PINEAPPLE DANISH SNAILS	1 Each	106	260	100	11	4.5	0	0	4	19	320	0	41
213707000000	STRAWBERRY DANISH SNAILS	1 Each	106	280	100	11	4.5	0	0	4	22	300	0	43
213708000009	WALNUT DANISH SNAILS	1 Each	99	410	260	29	6	0	0	8	13	270	2	35
210129000007	WHOOPIE PIES	1 Each	113	480	240	27	10	0	50	4	44	300	0	54
210130000003	PEANUT BUTTER FILLED WHOOPIE PIES	1 Each	124	560	290	33	9	0	50	6	50	350	1	60
212419000001	APRICOT RUGELACH	1 oz	30	110	70	8	4.5	0	20	1	3	30	0	11
212420000007	RASPBERRY RUGELACH	1 oz	30	110	70	8	4.5	0	20	1	2	35	1	9
212421000006	CINNAMON NUT RUGELACH	1 oz	30	140	100	11	4.5	0	20	2	2	35	1	11
212422000005	CHOCOLATE RUGELACH	1 oz	30	120	60	6	2	0	10	1	6	75	0	16
212423000004	APRICOT KIPFELS	1 oz	30	100	90	10	6	0	65	2	2	0	0	12
212424000003	RASPBERRY KIPFELS	1 oz	30	100	50	6	3.5	0	35	1	4	35	1	11

MUFFINS														
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
210073000009	GOURMET BLUEBERRY MUFFINS	1 Each	167	590	250	28	5	26	75	6	42	480	0	77
210074000008	GOURMET CORN MUFFINS	1 Each	160	560	260	29	5	0.5	75	6	32	480	2	68
210078000004	GOURMET BUTTER RUM MUFFIN	1 Each	167	650	280	31	8	0	75	15	51	480	0	82
210079000003	GOURMET CHERRY ALMOND MUFFINS	1 Each	167	600	260	28	6	0	100	7	46	460	1	79
210080000009	GOURMET PISTACHIO MUFFINS	1 Each	167	640	300	33	6	0.5	85	8	45	490	1	78
210081000008	GOURMET RAISIN BRAN MUFFINS	1 Each	160	520	210	24	4.5	0	70	6	39	450	4	73
210082000007	GOURMET DOUBLE DUTCH MUFFINS	1 Each	167	630	300	33	8	0.5	75	7	50	540	3	80
210083000006	GOURMET PINA COLADA MUFFINS	1 Each	167	600	270	30	8	0	75	6	45	450	2	77
210085000004	GOURMET CHOCOLATE CHIP MUFFINS	1 Each	167	600	250	27	7	0	75	6	49	440	1	81
210086000003	GOURMET APPLE SPICE MUFFINS	1 Each	167	600	260	29	6	0	80	6	44	460	1	77
210088000001	GOURMET GINGERBREAD MUFFINS	1 Each	167	640	270	30	6	0.5	80	6	51	480	1	85
210090000006	GOURMET CRANBERRY ORANGE MUFFINS	1 Each	167	590	260	29	6	0	80	6	44	500	1	75
210091000005	GOURMET PUMPKIN MUFFINS	1 Each	167	580	250	28	5	0	75	6	42	450	1	75
210092000004	GOURMET LEMON POPPY MUFFINS	1 Each	167	620	280	31	6	0	90	6	45	510	0	80
210095000001	GOURMET CINNAMON CHIP MUFFINS	1 Each	167	600	250	28	8	0	75	6	49	440	1	81
210300000000	GOURMET RED VELVET MUFFINS	1 Each	167	650	330	36	7	0.5	110	7	43	460	1	74
213289000009	LARGE SINGLE CORN MUFFIN	1 each	113	420	170	19	3.5	0	65	5	27	320	1	57
213290000005	LARGE SINGLE APPLE CINNAMON MUFFIN	1 each	113	590	250	28	5	26	75	6	42	480	1	77
213291000004	LARGE SINGLE BANANA NUT MUFFIN	1 each	113	420	190	21	3.5	0	45	5	29	330	1	52
213292000003	LARGE SINGLE BLUEBERRY MUFFIN	1 each	113	390	170	19	3.5	0	55	5	28	330	1	50
213293000002	LARGE SINGLE CHOCOLATE CHIP MUFFIN	1 each	113	430	200	22	5	0	55	5	33	320	1	55
213294000001	LARGE SINGLE HONEY BRAN MUFFIN	1 each	113	410	180	20	3.5	0	65	5	30	340	2	54
210072000000	GOURMET BANANA NUT MUFFIN	1 Each	167	620	520	58	6	0	75	6	45	480	0	77
759313844169	4PK CORN MUFFINS	1 each	113	420	170	19	3.5	0	65	5	27	320	1	57