

Food Menu Report: Bakery Cupcakes

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFt(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Gourmet Cupcakes											
Gourmet Cupcake, Chocolate Addiction, Mini	1 Each	210	11	5	0	20	180	29	2	23	2
Gourmet Cupcake, Chocolate Addiction, Regular	1 Each	490	25	12	0	60	480	69	3	56	4
Gourmet Cupcake, Confetti Birthday, Mini	1 Each	150	6	2.5	0	20	150	20	0	15	1
Gourmet Cupcake, Confetti Birthday, Regular	1 Each	400	16	7	0	55	420	57	0	43	3
Gourmet Cupcake, Mocha Espresso, Mini	1 Each	170	9	4	0	20	160	23	1	18	2
Gourmet Cupcake, Mocha Espresso, Regular	1 Each	400	20	9	0	55	440	57	3	44	4
Gourmet Cupcake, Peanut Butter, Mini	1 Each	250	14	4.5	0	25	200	28	1	22	4
Gourmet Cupcake, Peanut Butter, Regular	1 Each	520	27	10	0	60	490	66	2	52	6
Gourmet Cupcake, Raspberry Laced Vanilla, Mini	1 Each	190	8	4	0	25	170	26	0	20	2
Gourmet Cupcake, Raspberry Laced Vanilla, Regular	1 Each	440	19	8	0	60	450	64	0	49	3
Gourmet Cupcake, Red Velvet, Mini	1 Each	130	6	2.5	0	20	160	19	0	15	1
Gourmet Cupcake, Red Velvet, Regular	1 Each	380	17	7	0	55	420	53	1	42	3
Gourmet Cupcake, Salted Turtle, Mini	1 Each	170	11	2.5	0.5	20	210	19	1	15	2
Gourmet Cupcake, Salted Turtle, Regular	1 Each	410	22	7	1	55	570	53	2	41	4
Gourmet Cupcake, White Almond Wedding, Mini	1 Each	140	7	2.5	0	25	160	19	0	14	2
Gourmet Cupcake, White Almond Wedding, Regular	1 Each	380	17	7	0	60	430	52	0	40	3
Cupcakes											
Apple Cupcake	1 Each	130	4.5	1	0	10	230	20	1	12	2
Apple Cupcake, White Icing	1 Each	290	14	4.5	0	10	280	38	1	30	2
Carrot Cupcake	1 Each	240	14	2.5	0	40	270	27	1	16	3
Carrot Cupcake, Cream Cheese Icing	1 Each	380	21	5	2	45	300	45	1	33	4
Chocolate Cupcake	1 Each	110	4	1	0	10	210	16	0	10	2
Chocolate Cupcake, Aruba Blue Icing	1 Each	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Blue Icing	1 Each	250	11	4.5	0	10	230	35	0	28	2
Chocolate Cupcake, Brilliant Blue Icing	1 Each	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Brilliant Green Icing	1 Each	250	11	4.5	0	10	230	35	0	28	2
Chocolate Cupcake, Brilliant Pink Icing	1 Each	250	11	4.5	0	10	230	35	0	28	2
Chocolate Cupcake, Chocolate Icing	1 Each	250	12	4	0	10	240	34	1	25	2
Chocolate Cupcake, Gold Icing	1 Each	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Green Icing	1 Each	250	11	3.5	0	10	230	35	0	28	2

Chocolate Cupcake, Orange Icing	1 Each	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Patriotic Blue Icing	1 Each	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Pink Icing	1 Each	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Purple Icing	1 Each	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Radiant Orchid Icing	1 Each	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Red Icing	1 Each	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Royal Blue Icing	1 Each	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Snapdragon Red Icing	1 Each	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, White Icing	1 Each	270	14	4.5	0	10	260	35	0	28	2
Chocolate Cupcake, Yellow Icing	1 Each	250	11	4.5	0	10	230	35	0	28	2
Confetti Cupcake	1 Each	120	4.5	1	0	10	210	19	1	11	2
Confetti Cupcake, Aruba Blue Icing	1 Each	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Blue Icing	1 Each	260	11	4.5	0	10	230	38	1	29	2
Confetti Cupcake, Brilliant Blue Icing	1 Each	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Brilliant Green Icing	1 Each	260	11	4.5	0	10	230	38	1	29	2
Confetti Cupcake, Brilliant Pink Icing	1 Each	260	11	4	0	10	230	38	1	29	2
Confetti Cupcake, Chocolate Icing	1 Each	260	12	4	0	10	240	36	1	26	2
Confetti Cupcake, Gold Icing	1 Each	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Green Icing	1 Each	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Orange Icing	1 Each	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Patriotic Blue Icing	1 Each	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Pink Icing	1 Each	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Purple Icing	1 Each	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Radiant Orchid Icing	1 Each	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Red Icing	1 Each	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Royal Blue Icing	1 Each	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Snapdragon Red Icing	1 Each	260	11	3.5	0	10	230	37	1	28	2
Confetti Cupcake, White Icing	1 Each	280	14	4.5	0	10	260	37	1	29	2
Confetti Cupcake, Yellow Icing	1 Each	260	11	4	0	10	230	38	1	29	2
Lemon Cupcake	1 Each	110	4.5	1	0	10	200	17	1	10	2
Lemon Cupcake, White Icing	1 Each	270	14	4.5	0	10	250	36	1	28	2
Lemon Cupcake, Yellow Icing	1 Each	250	11	4	0	10	220	36	1	28	2
Pumpkin Cupcake	1 Each	120	4.5	1	0	10	220	18	1	10	2
Pumpkin Cupcake, Cream Cheese Icing	1 Each	260	11	3.5	1.5	15	250	36	1	27	3

Raspberry Cupcake	1 Each	120	4.5	1	0	10	210	19	1	12	2
Raspberry Cupcake, Aruba Blue Icing	1 Each	260	11	3.5	0	10	220	38	1	30	2
Raspberry Cupcake, Blue Icing	1 Each	260	11	4.5	0	10	220	38	1	29	2
Raspberry Cupcake, Brilliant Blue Icing	1 Each	260	11	3.5	0	10	220	38	1	29	2
Raspberry Cupcake, Brilliant Green Icing	1 Each	260	11	4.5	0	10	220	38	1	29	2
Raspberry Cupcake, Brilliant Pink Icing	1 Each	260	11	4	0	10	220	38	1	29	2
Raspberry Cupcake, Chocolate Icing	1 Each	260	12	4	0	10	240	36	1	27	2
Raspberry Cupcake, Gold Icing	1 Each	260	11	3.5	0	10	220	38	1	29	2
Raspberry Cupcake, Green Icing	1 Each	260	11	3.5	0	10	220	38	1	30	2
Raspberry Cupcake, Orange Icing	1 Each	260	11	3.5	0	10	230	38	1	30	2
Raspberry Cupcake, Patriotic Blue Icing	1 Each	260	11	3.5	0	10	220	38	1	29	2
Yellow Cupcake	1 Each	110	4.5	1	0	15	210	17	0	10	2
Yellow Cupcake, Aruba Blue Icing	1 Each	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Blue Icing	1 Each	250	11	4.5	0	15	220	36	0	28	2
Yellow Cupcake, Brilliant Blue Icing	1 Each	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Brilliant Green Icing	1 Each	250	11	4.5	0	15	220	36	0	28	2
Yellow Cupcake, Brilliant Pink Icing	1 Each	250	11	4	0	15	220	36	0	28	2
Yellow Cupcake, Chocolate Icing	1 Each	250	12	4	0	15	240	34	1	25	2
Yellow Cupcake, Gold Icing	1 Each	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Green Icing	1 Each	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Orange Icing	1 Each	250	11	3.5	0	15	230	36	0	28	2
Yellow Cupcake, Patriotic Blue Icing	1 Each	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Pink Icing	1 Each	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Purple Icing	1 Each	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Radiant Orchid Icing	1 Each	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Red Icing	1 Each	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Royal Blue Icing	1 Each	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Snapdragon Red Icing	1 Each	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, White Icing	1 Each	270	14	4.5	0	15	250	35	0	28	2
Yellow Cupcake, Yellow Icing	1 Each	250	11	4	0	15	220	36	0	28	2
White Cupcake	1 Each	110	4	1	0	10	210	17	0	10	2
White Cupcake, Aruba Blue Icing	1 Each	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Blue Icing	1 Each	250	11	4.5	0	10	220	36	0	28	2
White Cupcake, Brilliant Blue Icing	1 Each	250	11	3.5	0	10	220	36	0	27	2

White Cupcake, Brilliant Green Icing	1 Each	250	11	4.5	0	10	220	36	0	28	2
White Cupcake, Brilliant Pink Icing	1 Each	250	11	4	0	10	220	36	0	28	2
White Cupcake, Chocolate Icing	1 Each	250	12	4	0	10	230	34	1	25	2
White Cupcake, Gold Icing	1 Each	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, Green Icing	1 Each	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Orange Icing	1 Each	250	11	3.5	0	10	230	36	0	28	2
White Cupcake, Patriotic Blue Icing	1 Each	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, Pink Icing	1 Each	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Purple Icing,	1 Each	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, Radiant Orchid Icing	1 Each	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, Red Icing	1 Each	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Royal Blue Icing	1 Each	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Snapdragon Red Icing	1 Each	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, White Icing	1 Each	270	14	4.5	0	10	250	35	0	28	2
White Cupcake, Yellow Icing	1 Each	250	11	4	0	10	220	36	0	28	2
Yellow Cupcake, White Icing	1 Each	270	14	4.5	0	15	250	35	0	28	2

Food Menu Report: Bakery Muffins

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Muffin, Jumbo, Apple Spice	1 Each	690	34	9	0	90	560	86	2	41	8
Muffin, Jumbo, Banana Nut	1 Each	760	48	8	0	75	480	70	2	37	10
Muffin, Jumbo, Blueberry, Streusel	1 Each	680	34	8	0	75	560	84	0	41	8
Muffin, Jumbo, Blueberry, Sugar	1 Each	650	27	4.5	0	75	480	94	0	61	6
Muffin, Jumbo, Butter Rum	1 Each	600	30	8	0	75	480	72	0	42	6
Muffin, Jumbo, Carrot	1 Each	580	30	6	0	75	560	75	4	37	6
Muffin, Jumbo, Cherry Almond	1 Each	680	39	6	0	90	450	75	3	40	12
Muffin, Jumbo, Cherry	1 Each	420	23	3.5	0.5	95	350	49	1	29	5
Muffin, Jumbo, Chocolate Chip	1 Each	670	35	12	0	75	480	90	5	55	7
Muffin, Jumbo, Cinnamon Chip	1 Each	540	27	8	0	75	480	69	0	39	6
Muffin, Jumbo, Cornbread	1 Each	540	30	6	0	75	510	63	0	24	6
Muffin, Jumbo, Cranberry Nut	1 Each	460	26	4	0	95	360	53	3	30	6
Muffin, Jumbo, Cranberry Orange	1 Each	630	27	6	0	75	540	86	2	54	6
Muffin, Jumbo, Cream Cheese	1 Each	470	25	4.5	0.5	100	400	58	1	35	6
Muffin, Jumbo, Double Dutch Chocolate	1 Each	700	38	12	0	75	540	84	5	55	7
Muffin, Jumbo, Ginger Bread	1 Each	600	30	6	0	90	510	75	0	39	6
Muffin, Jumbo, Lemon Blueberry	1 Each	510	27	4.5	0	105	480	66	3	33	6
Muffin, Jumbo, Lemon Poppy Seed	1 Each	680	30	6	0	90	510	97	0	64	6
Muffin, Jumbo, Low-Fat Bran	1 Each	390	6	0	0	0	630	78	3	36	9
Muffin, Jumbo, Mocha Chip	1 Each	600	30	8	0	75	480	72	3	39	6
Muffin, Jumbo, Orange Pineapple	1 Each	540	27	4.5	0	75	540	66	0	36	6
Muffin, Jumbo, Orange	1 Each	450	23	3.5	0.5	95	350	50	1	30	5
Muffin, Jumbo, Pina Colada	1 Each	570	33	11	0	--	450	63	0	33	6
Muffin, Jumbo, Pistachio	1 Each	710	33	6	0	90	510	98	0	64	6
Muffin, Jumbo, Pumpkin	1 Each	540	27	6	0	75	480	66	3	33	6