

Bakery Danish

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Danish Rolls											
Apple	1 Each	420	20	8	1.5	0	300	61	0	34	5
Blueberry	1 Each	420	20	8	1.5	0	290	61	0	34	5
Cherry	1 Each	430	20	8	1.5	0	290	63	0	36	5
Cream Cheese	1 Each	430	21	8	1.5	5	310	60	0	34	6
Lemon	1 Each	430	20	8	1.5	0	300	61	0	35	5
Raspberry	1 Each	430	20	8	1.5	0	280	64	0	36	5
Sticky Pecan	1 Each	850	50	13	1.5	0	340	102	3	71	8
Sticky	1 Each	620	25	11	1.5	0	340	97	0	70	5
Strawberry	1 Each	420	20	8	1.5	0	290	61	0	34	5
Danish Butter Flake Rolls											
Apple Filled	1 Each	380	20	6	0	15	380	62	1	34	11
Bavarian Filled	1 Each	380	21	6	0	15	370	61	1	33	11
Blueberry Filled	1 Each	380	20	6	0	15	370	61	1	34	11
Cherry Filled	1 Each	390	20	6	0	15	370	63	1	35	11
Cream Cheese Filled	1 Each	390	22	7	0	15	390	60	1	33	11
Lemon Filled	1 Each	380	21	6	0	15	370	61	1	34	11
Raspberry Filled	1 Each	390	20	6	0	15	360	63	1	35	11
Strawberry Filled	1 Each	380	20	6	0	15	360	61	1	33	11
Danish Butter Flake Pull a Parts											
Cinnamon Sticky	1 Each	330	14	4	0	15	360	49	10	11	6
Original	1 Each	350	20	6	0	15	350	54	1	29	11

Bakery Paczki

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Apple	1 Each	300	12	5	0	0	340	44	1	14	5
Apricot	1 Each	310	12	6	0	0	340	45	1	17	5
Bavarian Crème	1 Each	310	13	6	0	0	350	45	1	17	5
Blueberry	1 Each	300	12	5	0	0	320	42	1	15	5
Crème	1 Each	320	17	7	1.5	0	320	38	0	14	5
Lemon	1 Each	290	12	5	0	0	360	38	1	12	5
Prune	1 Each	290	12	5	0	0	310	41	1	9	5
Raspberry	1 Each	310	12	5	0	0	330	46	1	19	5
Strawberry	1 Each	200	2	1	0	0	120	45	1	26	1