

Bakery Danish Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Danish Rolls (410 - 740 Cals)											
Apple Danish Rolls	1 roll	410	26	10	1.5	0	300	59	0	32	9
Blueberry Danish Rolls	1 roll	410	26	10	1.5	0	290	59	0	32	9
Cherry Danish Rolls	1 roll	420	26	10	1.5	0	290	62	0	34	9
Cream Cheese Danish Rolls	1 roll	430	27	11	1.5	5	320	58	0	32	10
Lemon Danish Rolls	1 roll	430	20	8	1.5	0	300	61	0	35	5
Raspberry Danish Rolls	1 roll	430	26	10	1.5	0	280	63	0	34	9
Strawberry Danish Rolls	1 roll	410	26	10	1.5	0	290	59	0	32	9
Sticky Danish Rolls	1 roll	620	25	11	1.5	0	340	97	0	70	5
Sticky Pecan Danish Rolls	1 roll	740	48	12	1.5	0	340	74	3	45	7
Danish Butter Flake Rolls (380 - 390 Cals)											
Apple Filled Danish Butter Flake Rolls	1 roll	380	20	6	0	15	380	62	1	34	11
Bavarian Filled Danish Butter Flake Rolls	1 roll	380	21	6	0	15	370	61	1	33	11
Blueberry Filled Danish Butter Flake Rolls	1 roll	380	20	6	0	15	370	61	1	34	11
Cherry Filled Danish Butter Flake Rolls	1 roll	390	20	6	0	15	370	63	1	35	11
Cream Cheese Filled Danish Butter Flake Rolls	1 roll	390	22	7	0	15	390	60	1	33	11
Lemon Filled Danish Butter Flake Rolls	1 roll	380	21	6	0	15	370	61	1	34	11
Raspberry Filled Danish Butter Flake Rolls	1 roll	390	20	6	0	15	360	63	1	35	11
Strawberry Filled Danish Butter Flake Rolls	1 roll	380	20	6	0	15	360	61	1	33	11
Danish Butter Flake Pull a Parts (330 - 350 Cals)											
Cinnamon Sticky Danish Butter Flake Pull a Part	1 pull a part	330	14	4	0	15	360	49	10	11	6
Danish Butter Flake Pull a Parts	1 pull a part	350	20	6	0	15	350	54	1	29	11

Bakery Paczki Nutrition Information

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