

Holiday Desserts 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)
<b>Cheesecake Factory Bakery Cheesecakes (600 - 700 Cals)</b>											
All American	1/12 cake	690	38	20	1.5	150	520	78	1	57	9
Classic	1/12 cake	600	38	23	1.5	180	490	57	1	44	10
White Chocolate Raspberry	1/12 cake	700	49	31	1.5	195	370	59	1	48	8
Fudge Cake	1/14 cake	690	25	8	0	45	470	124	4	84	7

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)
<b>10" Pies (300 - 560 Cals)</b>												
Apple	1/8 pie	430	21	9	0	0	430	60	1.5	30	20.96	3
Banana Creme	1/8 pie	300	14	7	0	45	320	37	--	21	17.99	4
French Silk	1/8 pie	560	39	26	0.5	95	280	50	1.12	36	34.79	4
Pumpkin	1/8 pie	420	17	8	0	45	320	60	2.25	43	37.17	6
<b>Other Desserts</b>												
Apple Crisp	1/2 cup	240	4	0.5	0	0	170	51	2.45	36	27.56	2