

Bakery Angel Food Cakes 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)
Angel Food Cake, 15 oz	1/15th Cake	200	0	0	0	0	590	46	1	33	4
Angel Food Cake, 8 oz	1/8th Cake	70	0	0	0	0	190	15	0	11	1
Angel Food Cake, Bar Cake, 4 oz	1/4th Cake	70	0	0	0	0	190	15	0	11	1
Angel Food Cake Flips, Strawberry, 3 ct.	1 oz	70	0	0	0	0	190	15	0	11	1
Angel Food Cake Loaf, Confetti, 8 oz	1/8th Cake	70	0	0	0	0	190	15	0	11	1
Angel Food Cake, Apple Jelly Roll, 12 oz	1/12th Cake	50	0	0	0	0	130	13	0	9	1
Angel Food Cake, Cherry, 15 oz	1/15th Cake	70	0	0	0	0	190	15	0	11	1
Angel Food Cake, Chocolate, Iced	1/15th Cake	350	8	3	0	0	620	65	1	51	4
Angel Food Cake, Confetti, 15 oz	1/15th Cake	70	0	0	0	0	190	15	0	11	1
Angel Food Cake, Glazed	1/15th Cake	70	0	0	0	0	170	16	0	12	1
Angel Food Cake, Glazed Chocolate, 15 oz	1/15th Cake	70	0	0	0	0	160	16	0	12	1
Angel Food Cake, Iced, 12 oz	1/12th Cake	90	2.5	1	0	0	150	16	0	13	1
Angel Food Cake, Lemon Jelly Roll, 12 oz	1/12th Cake	60	0	0	0	0	130	13	0	9	1
Angel Food Cake, Lemon, 15 oz.	1/15th Cake	70	0	0	0	0	190	15	0	11	1
Angel Food Cake, Orange, 15 oz	1/15th Cake	70	0	0	0	0	190	15	0	11	1
Angel Food Cake, Raspberry Jelly Roll, 12 oz.	1/12th Cake	60	0	0	0	0	120	14	0	10	1
Angel Food Cake, Strawberry Jelly Roll, 12 oz	1/12th Cake	50	0	0	0	0	125	13	0	9	1
Angel Food Cake, Strawberry, 15 oz.	1/15th Cake	70	0	0	0	0	200	15	0	11	1

Bakery Bundt Cakes 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)
Banana Chocolate Chip Crumb Bundt Cake	2 oz	200	11	2.5	0	30	150	25	0	15	2
Brooklyn Marble Crumb Bundt Cake	2 oz	200	12	2.5	0	40	200	25	1	14	3
Old Fashioned Sour Cream Crumb Bundt Cake	2 oz	220	13	3.5	0	35	190	25	0	14	2

Bakery Coffee Cakes 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)
Breakfast Bar Coffee Cake (270 - 320 Cals)											
Apple Breakfast Bar Coffee Cake	1/8th Cake	270	14	3	0	25	200	38	1	25	3
Apple Cinnamon Breakfast Bar Coffee Cake	1/8th Cake	270	14	3	0	25	200	38	1	25	3
Apricot Breakfast Bar Coffee Cake	1/8th Cake	290	14	3	0	25	190	44	1	28	4
Bavarian Cream Breakfast Bar Coffee Cake	1/8th Cake	270	14	3	0	25	200	37	1	25	3
Blueberry Breakfast Bar Coffee Cake	1/8th Cake	270	14	3	0	25	190	38	1	25	3
Caramel Apple Breakfast Bar Coffee Cake	1/8th Cake	290	15	3.5	0	25	200	40	1	28	3
Cherry Breakfast Bar Coffee Cake	1/8th Cake	270	14	3	0	25	190	39	1	26	3
Chocolate Bavarian Creme Breakfast Bar Coffee Cake	1/8th Cake	270	14	3	0	25	150	37	1	26	3
Chocolate Cream Cheese Breakfast Bar Coffee Cake	1/8th Cake	270	15	3.5	0	25	160	37	1	26	4
Chocolate Raspberry Breakfast Bar Coffee Cake	1/8th Cake	270	14	2.5	0	25	135	39	1	27	3
Chocolate Chocolate Chip Breakfast Bar Coffee Cake	1/8th Cake	320	18	5	0	25	130	42	1	31	3
Cream Cheese Breakfast Bar Coffee Cake	1/8th Cake	280	15	3.5	0	25	210	37	1	25	4
Lemon Breakfast Bar Coffee Cake	1/8th Cake	270	14	3	0	25	200	38	1	25	3
Raspberry Breakfast Bar Coffee Cake	1/8th Cake	280	14	3	0	25	190	39	1	26	3
Strawberry Breakfast Bar Coffee Cake	1/8th Cake	270	14	3	0	25	190	38	1	25	3
Strawberry Cream Cheese Breakfast Bar Coffee Cake	1/8th Cake	270	14	3	0	25	200	37	1	25	4
Creme Coffee Cakes (330 - 360 Cals)											
Apple Creme Cake Coffee Cake	1/8th Cake	360	19	3.5	0	35	280	48	1	31	4
Blueberry Creme Cake Coffee Cake	1/8th Cake	330	18	3.5	0	35	270	42	1	27	4
Raspberry Creme Cake Coffee Cake	1/8th Cake	340	18	3.5	0	35	260	44	0	28	4
Strawberry Creme Coffee Cake	1/8th Cake	330	18	3.5	0	35	260	42	0	26	4

Bakery Loaf Cakes 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)
Whole Loaf Cakes (150 - 160 Cals)											
Banana Nut Loaf Cake	1/9th cake	150	9	1.5	0	30	120	18	0	11	2
Blueberry Loaf Cake	1/8th cake	160	9	1.5	0	35	130	20	0	12	2
Chocolate Loaf Cake	1/9th cake	160	9	1.5	0	35	170	19	1	10	2
Cinnamon Swirl Loaf Cake	1/9th cake	160	9	1.5	0	35	160	20	0	11	2
Sliced Loaf Cakes (150 - 160 Cals)											
Banana Nut Loaf Cake	1 slice	150	9	1.5	0	30	120	18	0	11	2
Blueberry Loaf Cake	1 slice	160	9	1.5	0	35	130	20	0	12	2
Cinnamon Swirl Loaf Cake	1 slice	160	9	1.5	0	35	160	20	0	11	2
Marble Swirl Loaf Cake	1 slice	160	9	1.5	0	35	150	19	0	11	2

Ice Cream Cake 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)
1/8 Sheet Ice Cream Cakes (220 - 410 Cals)											
Chocolate Cake, Vanilla Ice Cream	1/10th cake	250	11	5	0	40	260	33	1	23	5
Chocolate Cake, Vanilla Ice Cream, Caramel Iced Snickers	1/10th cake	400	20	12	0	40	390	49	1	37	6
Chocolate Cake, Vanilla Ice Cream, Chocolate icing	1/10th cake	360	18	12	0	40	290	44	1	33	6
Chocolate Cake, Vanilla Ice Cream, Cookies & Creme	1/10th cake	410	20	11	0	40	350	54	2	38	6
Chocolate Cake, Vanilla Ice Cream, Mint Chocolate Chip Icing	1/10th cake	410	21	13	0	40	310	50	1	38	6
White Cake, Vanilla Ice Cream	1/10th cake	220	10	4.5	0	35	220	30	0	21	4
White Cake, Vanilla Ice Cream, Chocolate Icing	1/10th cake	330	17	11	0	35	250	41	0	31	5
White Cake, Vanilla Ice Cream, Turtle	1/10th cake	370	20	12	0	35	250	44	1	34	5
1/4 Sheet Ice Cream Cakes (220 - 370 Cals)											
Chocolate Cake, Vanilla Ice Cream	1/20th cake	250	11	5	0	40	260	33	1	23	5
Chocolate Cake, Vanilla Ice Cream, Chocolate icing	1/20th cake	360	18	12	0	40	290	44	1	33	6
White Cake, Vanilla Ice Cream	1/20th cake	220	10	4.5	0	35	220	30	0	21	4
White Cake, Vanilla Ice Cream, Chocolate Icing	1/20th cake	330	17	11	0	35	250	41	0	31	5
White Cake, Vanilla Ice Cream, Golden Oreo Icing	1/20th cake	370	18	10	0	35	290	49	0	34	5
Bar Ice Cream Cakes (220 - 410 Cals)											
Chocolate Cake, Vanilla Ice Cream	1/6th cake	250	11	5	0	40	260	33	1	23	5
Chocolate Cake, Vanilla Ice Cream, Black Forest	1/6th cake	380	18	11	0	40	320	50	2	36	6
Chocolate Cake, Vanilla Ice Cream, Caramel Iced Snicker	1/6th cake	390	19	12	0	40	390	49	1	37	6
Chocolate Cake, Vanilla Ice Cream, Chocolate icing	1/6th cake	380	19	13	0	40	300	46	1	35	6
Chocolate Cake, Vanilla Ice Cream, Cookies & Creme	1/6th cake	390	19	11	0	40	330	51	1	36	6
Chocolate Cake, Vanilla Ice Cream, Cookies & Crunch Icing	1/6th cake	400	19	11	0	40	320	50	1	35	6
Chocolate Cake, Vanilla Ice Cream, Mint Chocolate Chip Icing	1/6th cake	400	20	13	0	40	300	49	1	37	6
Chocolate Cake, Vanilla Ice Cream, Smores Whipped Icing	1/6th cake	410	19	12	0	40	320	56	2	40	6
White Cake, Vanilla Ice Cream	1/6th cake	220	10	4.5	0	35	220	30	0	21	4
White Cake, Vanilla Ice Cream, Chocolate Icing	1/6th cake	350	18	13	0	35	260	43	0	33	5
White Cake, Vanilla Ice Cream, Cookies & Crunch Icing	1/6th cake	370	18	11	0	35	280	47	0	33	5
White Cake, Vanilla Ice Cream, Golden Oreo Icing	1/6th cake	370	18	10	0	35	280	48	0	34	5
White Cake, Vanilla Ice Cream, Lemon Icing	1/6th cake	370	19	13	0	35	250	46	0	35	5
White Cake, Vanilla Ice Cream, Strawberry Icing	1/6th cake	370	19	13	0	35	250	46	0	35	5
White Cake, Vanilla Ice Cream, Turtle	1/6th cake	370	21	12	0	35	250	44	1	34	5
Square Ice Cream Cakes (220 - 410 Cals)											
Chocolate Cake, Vanilla Ice Cream	1/3rd cake	250	11	5	0	40	260	33	1	23	5
Chocolate Cake, Vanilla Ice Cream, Black Forest	1/3rd cake	380	18	11	0	40	320	50	2	37	6
Chocolate Cake, Vanilla Ice Cream, Caramel Iced Snickers	1/3rd cake	390	19	12	0	40	390	49	1	37	6
Chocolate Cake, Vanilla Ice Cream, Chocolate Icing	1/3rd cake	380	19	13	0	40	300	46	1	35	6
Chocolate Cake, Vanilla Ice Cream, Cookies & Creme	1/3rd cake	390	19	11	0	40	330	50	1	36	6

Ice Cream Cake Nutrition Information

Chocolate Cake, Vanilla Ice Cream, Cookies & Crunch Icing	1/3rd cake	390	19	11	0	40	310	49	1	35	6
Chocolate Cake, Vanilla Ice Cream, Mint Chocolate Chip Icing	1/3rd cake	400	20	13	0	40	300	49	1	37	6
Chocolate Cake, Vanilla Ice Cream, Smores Whipped Icing	1/3rd cake	410	19	12	0	40	320	56	2	40	6
White Cake, Vanilla Ice Cream	1/3rd cake	220	10	4.5	0	35	220	30	0	21	4
White Cake, Vanilla Ice Cream, Chocolate Icing	1/3rd cake	350	18	13	0	35	260	43	0	33	5
White Cake, Vanilla Ice Cream, Cookies & Crunch Icing	1/3rd cake	360	18	11	0	35	270	46	0	33	5
White Cake, Vanilla Ice Cream, Golden Oreo Icing	1/3rd cake	360	18	10	0	35	280	47	0	33	5
White Cake, Vanilla Ice Cream, Lemon Icing	1/3rd cake	380	20	13	0	35	260	47	0	37	5
White Cake, Vanilla Ice Cream, Strawberry Icing	1/3rd cake	380	20	13	0	35	260	47	0	37	5
White Cake, Vanilla Ice Cream, Turtle	1/3rd cake	370	21	12	0	35	250	44	1	34	5

Bakery Loaf Cakes 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)
Whole Loaf Cakes (150 - 160 Cals)											
Banana Nut Loaf Cake	1/9th cake	150	9	1.5	0	30	120	18	0	11	2
Blueberry Loaf Cake	1/8th cake	160	9	1.5	0	35	130	20	0	12	2
Chocolate Loaf Cake	1/9th cake	160	9	1.5	0	35	170	19	1	10	2
Cinnamon Swirl Loaf Cake	1/9th cake	160	9	1.5	0	35	160	20	0	11	2
Sliced Loaf Cakes (150 - 160 Cals)											
Banana Nut Loaf Cake	1 slice	150	9	1.5	0	30	120	18	0	11	2
Blueberry Loaf Cake	1 slice	160	9	1.5	0	35	130	20	0	12	2
Cinnamon Swirl Loaf Cake	1 slice	160	9	1.5	0	35	160	20	0	11	2
Marble Swirl Loaf Cake	1 slice	160	9	1.5	0	35	150	19	0	11	2