

	Serving Size	Calories	Calories From Fat	Fat	Sat Fat	Trans Fat	Cholesterol	Protein	Carbohydrate	Total Sugars	Fiber	Sodium
Apple Walnut Muffin	73g (1 muffin)	220	70	8g	1g	0g	0mg	3g	34g	17g	1g	290mg
Bagel, plain	95g (1 bagel)	250	10	1g	0g	0g	0mg	9g	52g	5g	2g	490mg
Banana Walnut Muffin	83g (1 muffin)	270	120	13g	2g	0g	0mg	5g	35g	16g	2g	290mg
Biscuits	41g (1 biscuit)	130	50	6g	1.5g	2g	0mg	3g	16g	1g	<1g	340mg
Blueberry Muffin	80g (1 muffin)	230	80	9g	1.5g	0g	0mg	4g	34g	16g	1g	290mg
Buns, Hot Dog	43g (1 bun)	120	20	2g	1g	0g	0mg	4g	22g	3g	3g	210mg
Caramel Rolls	43g (1 roll)	140	50	5g	1g	0g	0mg	3g	22g	8g	<1g	115mg
Cherry Muffin	77g (1 muffin)	240	80	9g	1.5g	0g	0mg	4g	35g	15g	1g	300mg
Cinnamon Bread	50g (1 slice)	160	20	2.5g	0.5g	0g	0mg	3g	32g	13g	1g	140mg
Cinnamon Rolls	40g (1 roll)	140	50	5g	1g	0g	0mg	2g	23g	10g	<1g	115mg
Coconut Almond Muffin	68g (1 muffin)	230	90	10g	3.5g	0g	0mg	3g	32g	15g	1g	300mg
Corn Muffin	105g (1 muffin)	320	110	12g	2g	0g	35mg	6g	49g	22g	1g	630mg
Cornbread	50g (1 piece)	160	50	6g	1g	0g	15mg	3g	25g	10g	<1g	320mg
Cranberry Walnut Muffin	79g (1 muffin)	250	100	11g	1.5g	0g	0mg	4g	34g	18g	1g	280mg
Dinner Rolls	38g (1 roll)	130	50	5g	1g	0g	0mg	3g	18g	4g	<1g	120mg
Dinner Rolls, White-Pull-A-Part	39g (1 roll)	130	50	5g	1g	0g	0mg	3g	18g	4g	<1g	120mg
English Muffins, dry	26g (1/2 muffin)	60	5	0.5g	0g	0g	0mg	2g	13g	<1g	<1g	200mg
Flour Tortilla	38g (1 tortilla)	120	30	3g	0.5g	0g	0mg	3g	20g	<1g	1g	240mg
French Bread Loaf	25g (1 slice)	70	5	0.5g	0g	0g	0mg	3g	14g	<1g	<1g	160mg
Garlic Bread	18g (1 slice)	70	30	3g	0.5g	0g	0mg	2g	9g	0g	0g	110mg
Garlic Cheese Biscuit	60g (1 biscuit)	230	140	15g	4g	2g	10mg	5g	20g	3g	<1g	650mg
Honey Cornbread	50g (1 piece)	170	60	7g	1g	0g	15mg	3g	26g	12g	<1g	320mg

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Hot Fudge Chocolate Chip Muffin	83g (1 muffin)	280	110	12g	3g	0g	0mg	4g	42g	23g	2g	310mg
Hot Fudge Sundae Muffin	91g (1 muffin)	290	110	12g	3.5g	0g	0mg	4g	43g	24g	2g	330mg
Jalapeno Cornbread	50g (1 piece)	160	50	6g	1g	0g	15mg	3g	25g	10g	<1g	320mg
Oatmeal Raisin Muffin	81g (1 muffin)	270	90	10g	1.5g	0g	0mg	5g	43g	18g	2g	290mg
Peach Muffin	89g (1 muffin)	250	80	9g	1.5g	0g	0mg	4g	38g	16g	1g	300mg
Pina Colada Muffin	90g (1 muffin)	220	80	9g	1.5g	0g	0mg	3g	33g	17g	1g	280mg
Poppy Seed Muffin	66g (1 muffin)	220	90	10g	1.5g	0g	0mg	4g	29g	13g	2g	280mg
Pumpernickel Bread Loaf	25g (1 slice)	60	10	1g	0g	0g	0mg	2g	12g	0g	2g	170mg
Pumpkin with Raisins Muffin	85g (1 muffin)	240	80	9g	1.5g	0g	0mg	4g	38g	19g	2g	290mg
Rum Raisin Muffin	76g (1 muffin)	240	70	8g	1g	0g	0mg	4g	40g	21g	1g	280mg
Rye Bread Loaf	32g (1 slice)	70	10	1g	0g	0g	0mg	3g	15g	1g	2g	210mg
Strawberry Muffin	89g (1 muffin)	260	80	9g	1.5g	0g	0mg	4g	41g	22g	1g	300mg
Wheat Bread Loaf	25g (1 slice)	70	10	1g	0g	0g	0mg	3g	12g	1g	1g	130mg
White Bread Loaf	25g (1 slice)	70	10	1g	0g	0g	0mg	2g	13g	1g	<1g	170mg
Zucchini Muffin	72g (1 muffin)	220	80	9g	1.5g	0g	0mg	4g	32g	14g	1g	290mg