

MISCELLANEOUS PASTRY DATA

Marylou's News, Inc.

Cinnamon Roll	
Enriched Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Corn, Soybean, and/or Cottonseed Oil, Sugar, Pastry Flour, Corn Syrup, Whole Eggs, Water, Mono and Diglycerides, Yeast, Salt, Cinnamon, Sodium Stearoyl Lactylate, Ascorbic Acid, Lecithin, Nonfat Dry Milk, Corn Starch-Modified, Agar, Titanium Dioxide, Micro Chrystalline Cellulose, Casein, Baking Soda, Xanthan Gum, Potassium Sorbate (as a preservative).	
Nutrition Facts	
Serving Size: 4 oz (1 roll)	
Amount Per Serving:	
Calories	530
Calories from Fat	270
Total Fat	30g
Saturated Fat	6g
Cholesterol	35mg
Sodium	550mg
Total Carbohydrate	59g
Dietary Fiber	2g
Sugars	32g
Protein	6g
This product should not be consumed by those individuals with allergies to Corn, Dairy, Eggs, Fish, Shellfish, Soy, Sulfites, or Gluten.	

Whoopie Pies	
Sugar, Bleached Wheat Flour, Eggs, Water, Partially Hydrogenated Vegetable Oil (soy and palm), Cocoa (alkali), Dairy Whey, Buttermilk Powder, Egg Whites, Salt, Modified Food Starch, Tapioca Starch, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Cellulose Gum, Tartaric Acid, Mono and Diglycerides, Polysorbate 60, Natural and Artificial Flavor, Sodium Propionate.	
Nutrition Facts	
Serving Size: 2.25 oz, Servings Per Package: 5	
Amount Per Serving:	
Calories per Serving	240
Calories from Fat	110
Total Fat	12g
Saturated Fat	2.5g
Cholesterol	35mg
Sodium	150mg
Total Carbohydrate	31g
Dietary Fiber	1g
Sugars	18g
Protein	3g
This product should not be consumed by those individuals with allergies to Corn, Chocolate, Chocolate Derivatives, Dairy, Eggs, Gluten, Soy, Sulfites, Tree Nuts, Peanuts.	

Raspberry Pie Dough Twists*	
Bleached Wheat Flour (enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, Margarine, Sugar, Eggs, Yeast, Raspberries, Corn Syrup, Partially Hydrogenated Vegetable Shortening (soy and/or cottonseed), water, sugar, salt, High Fructose Corn Syrup, Corn Syrup, Raspberries, Leavening Agents (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), dextrin, maltodextrin, modified food starch, citric acid, potassium sorbate, monocalcium phosphate, 2% or less agar, locust bean gum, annatto color, calcium propionate, artificial color F.D.C. Red #40, natural and artificial flavor.	
Nutrition Facts	
Serving Size: 1 stick	
Amount Per Serving:	
Calories per Serving	530
Calories from Fat	320
Total Fat	36g
Saturated Fat	9g
Cholesterol	0mg
Sodium	290mg
Total Carbohydrate	46g
Dietary Fiber	0g
Sugars	14g
Protein	6g
This product should not be consumed by those individuals with allergies to Corn, Dairy, Eggs, Fish, Gluten, Shellfish, Soy, Sulfites, Tree Nuts, Peanuts.	

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Cinnamon Pie Dough Twists*	
Bleached Wheat Flour, Partially Hydrogenated Vegetable Shortening, Water, Sugar, Corn Syrup, Cinnamon, Molasses, Leavening Agents, Salt, Dextrin, Maltodextrin, Modified Food Starch, Agar, Locust Bean Gum, Annatto, Calcium Propionate, Natural and Artificial Flavor, Potassium Sorbate, Monocalcium Phosphate.	
Nutrition Facts	
Serving Size: 1 stick	
Amount Per Serving:	
Calories per Serving	540
Calories from Fat	330
Total Fat	37g
Saturated Fat	9g
Cholesterol	0mg
Sodium	290
Total Carbohydrate	46g
Dietary Fiber	0g
Sugars	14g
Protein	6g
This product should not be consumed by those individuals with allergies to Corn, Fish, Shellfish, Gluten, Soy, Sulfites, Tree Nuts or Peanuts.	

My Grandma's Coffee Cake	
Sugar, Sour Cream [Cultured Pasteurized Milk, Cream, Nonfat Milk, and Rennet], Enriched Bleached Wheat Flour (Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Soybean Oil, Walnuts, Palm Oil, Leavening (Monocalcium Phosphate, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Cornstarch), Modified Food Starch, Propylene Glycol Mono- and Diesters of Fat and Fatty Acids (Emulsifier), Vanilla Extract, Cinnamon, Dextrose, Egg Whites, Mono- and Diglycerides (Emulsifiers), Salt, Natural Flavors, Sodium Stearoyl Lactylate (Emulsifier), Tetrasodium Pyrophosphate, Disodium Phosphate, Xanthan Gum, Calcium Sulphate, Gum Arabic, Soy Lecithin, Cellulose Gum, Extractives of Tumeric (for color).	
Nutrition Facts	
Serving Size: 1 piece (1/16 of cake)	
Amount Per Serving:	
Calories per Serving	430
Calories from Fat	210
Total Fat	23g
Saturated Fat	7g
Cholesterol	65mg
Sodium	450mg
Total Carbohydrate	51g
Dietary Fiber	<1g
Sugars	35g
Protein	5g
This product should not be consumed by those individuals with allergies to Corn, Dairy, Eggs, Gluten, Tree Nuts, Peanuts, Soy, or Sulfites.	

Cinnamon Roll with Cream Cheese Frosting	
Nutrition Facts	
Serving Size: 1 roll	
Amount Per Serving:	
Calories per Serving	428.07
Calories from Fat	146.97
Total Fat	16.33g
Saturated Fat	4.209g
Cholesterol	0g
Sodium	413.5mg
Total Carbohydrate	61.732g
Dietary Fiber	0g
Sugars	11.622g
Protein	7.423g

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Nemo's Carrot Cake

Sugar, Carrots, Soybean Oil, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) Eggs, Cream Cheese (Pasteurized Milk, Cream, Cheese Cultures, Salt, Xanthan, and or Carob Bean, and or Guar Gums), Margarine (Soybean & Palm Oil, Water, Mono- and Diglycerides, Soy Lecithin, Sodium Benzoate as a preservative, Artificial Flavor, Vitamin A Palmitate, Annatto Turmeric extract for color), Walnuts, Baking Soda, Salt, Cinnamon, Natural & Artificial Flavor, Modified Food Starch, Potassium Sorbate (as a preservative), Polysorbate 60, Gellan Gum.

Nutrition Facts

Serving Size: 3.2oz (1 cake)

Amount Per Serving:

Calories per Serving	390
Calories from Fat	190
Total Fat	21g
Saturated Fat	5g
Cholesterol	50mg
Sodium	380mg
Total Carbohydrate	47g
Dietary Fiber	1g
Sugars	34g
Protein	4g

This product should not be consumed by those individuals with allergies to Corn, Dairy, Eggs, Gluten, Soy, Sulfites, Tree Nuts or Peanuts.

Nemo's Banana Cake

Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Eggs, Buttermilk, Bananas, Walnuts, Corn Syrup Solids, Whey Protein Concentrate, Natural Flavor, Sodium Bicarbonate, Salt, Food Starch Modified, Sodium Acid Polyphosphate, Monocalcium Phosphate, monoglycerides (vegetable origin), Polysorbate60, Potassium Sorbate (as a preservative), Soy Lecithin.

Nutrition Facts

Serving Size: 3oz (1 cake)

Amount Per Serving:

Calories per Serving	300
Calories from Fat	110
Total Fat	12g
Saturated Fat	3.5g
Cholesterol	40mg
Sodium	320mg
Total Carbohydrate	45g
Dietary Fiber	<1g
Sugars	32g
Protein	4g

This product should not be consumed by those individuals with allergies to Corn, Dairy, Eggs, Gluten, Soy, Sulfites, Tree Nuts or Peanuts.

Nemo's Chocolate Cake

Sugar, Buttermilk, Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Eggs, Cocoa (processed Alkali), Cream Cheese (Pasteurized Milk, Cream, Cheese Cultures, Salt, Xanthan, and or Carob Bean, and or Guar Gums), Margarine (Soybean & Palm Oil, Water, Mono- and Diglycerides, Soy Lecithin, Sodium Benzoate as a preservative, Artificial Flavor, Vitamin A Palmitate, Annatto Turmeric extract for color), Food Starch Modified, Baking Soda, Salt, Natural & Artificial Flavor, Monoglycerides, (Vegetable Origin), Polysorbate60, Potassium Sorbate as a preservative, Gellan Gum.

Nutrition Facts

Serving Size: 3oz (1cake)

Amount Per Serving:

Calories per Serving	300
Calories from Fat	110
Total Fat	12g
Saturated Fat	3g
Cholesterol	35mg
Sodium	280mg
Total Carbohydrate	44g
Dietary Fiber	2g
Sugars	30g
Protein	4g

This product should not be consumed by those individuals with allergies to Chocolate, Chocolate Derivatives, Corn, Dairy, Eggs, Gluten, Soy, Sulfites, Tree Nuts or Peanuts.