

NUTRITIONAL FACTS

Frozen Bakery



Product Name	Product Code	Serving Size (g)	Calories (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fibre (g)	Total Sugar (g)	Protein (g)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)
BAGELS																	
Whole Wheat Mini Bagel	42403	38	100	0.5	0	0	0	160	19	3	2	3	0.7	0	23.12	0.74	67.49
Plain Mini Bagel	42405	38	100	1	0	0	0	190	20	1	1	3	0.7	0	22.21	1.12	30.56
Cinnamon Raisin Mini Bagel	42406	38	100	1	0	0	0	150	20	1	3	3	0.81	0	24.33	1.11	45.92
Blueberry Mini Bagel	42409	38	100	1	0	0	0	160	20	1	2	3	0.87	0	21.13	1.08	30.35
Whole Grain Bagel	21114	85	210	2.5	0.4	0.02	0	230	41	4	4	8	4.74	0	56.59	2.24	211.96
SCONES																	
Mixed Berry Gourmet Scone	29070	72	220	6	3	0.07	0	510	37	1	12	4	68.16	0.02	43.06	1.65	87.62
Orange Cranberry Gourmet Scone	29071	72	210	6	2.5	0.07	0	490	36	1	10	4	67.47	0.06	43.14	1.64	90.89
Apple Cinnamon Gourmet Scone	29025	72	230	6	3	0.07	0	480	38	1	14	4	57.57	0	47.67	1.67	126.93
White Chocolate Cranberry Gourmet Scone	29027	72	230	7	3	0.07	0	500	38	1	13	5	66.72	0	57.42	1.62	108.65
Plain Scone	29010	56	180	6	2.5	0.06	0	450	26	1	5	4	0	0	34.26	1.23	72.81
Raisin Scone	29014	56	170	5	2	0.05	0	390	29	1	9	4	0.92	0.17	35.59	1.37	105.7
Blueberry Scone	29016	56	170	5	2	0.09	0	400	28	1	8	3	1.39	0.05	34.67	1.31	71.07
Cinnamon Scone	29058	56	190	7	3	0.06	0	400	29	1	9	3	0.89	0.01	37.95	1.42	69.68
ARTISAN & SPECIALTY																	
Mini Ciabatta - 2.5" x 2.5"	57483	63	140	0.1	0	0	0	350	28	1	1	5	0	0	10.18	0.47	104.59
Soft Style Ciabatta - 6" Wheat - Sliced	37046	95	220	2	0.3	0	0	470	42	3	1	9	3.73	0	14.7	2.65	161.15
Mini Soft Style Ciabatta made with Whole Grains - Sliced	37042	45	100	0.5	0	0	0	150	20	2	2	4	0.47	0	11.46	1.22	49.87
Pretzel Round Bun	36806	113	309	5	1	0.02	2.62	720	54	2	7	2	0	0	17.31	3.01	-
Pretzel Dinner Roll	36805	57	156	2.6	0.54	0.01	1.32	365	27	1	3	1	0	0	8.73	1.52	-
Pretzel Demi Baguette	36802	113	310	5.0	1	0.02	5	720	54	2	7	2	0	0	17.31	3.01	-



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CRUSTY ROLLS																			
Hoagie Roll made with Whole Grains		31072	100	260	3	0.5	0	0	129.85	47	4	5	10	0.75	0	64.98	2.62	129.85	
Multigrain Panini Roll made with Whole Grains		32353	56	150	2.5	0.3	0.01	0	150	26	3	2	6	0.77	0	28.81	1.67	92.88	
Assorted Dinner Rolls	White	31054	40	82	0.4	0	0	0	200	17	1	0	3	0.96	0	4.31	1.19	28.12	
	Wheat		40	81	0.5	0.2	0	0	184	16	2	0	3	0	0	6.56	0.68	73.41	
	Multigrain		40	80	1	0.2	0	0	190	16	1	0	3	0.13	0	4.68	1.01	36.34	
	Sourdough		40	80	0	0	0	0	203	17	1	0	3	0.8	0	14.49	1.2	28.31	
SLICED SANDWICH BREADS																			
Marble Rye Sliced Panini Loaf		81253	61	150	1.5	0.3	0	0	420	30	2	1	4	0	0	27.47	1.63	50.59	
Sweet Sliced Panini Loaf		81252	61	160	1	0.2	0	0	290	31	1	5	5	0	0	32.8	1.65	37.91	
Multigrain Sliced Panini Loaf		81298	61	150	3	0.3	0	0	230	26	2	1	6	1.34	0	13.05	1.88	40.61	
Plain Rye Sliced Bread		24900	59	170	1.5	0.3	0.02	0	320	33	2	1	6	1.3	0.03	48.5	2.01	59.96	
Raisin Bread		24823	49	140	2	0.4	0	0	180	26	1	9	4	0.8	0	26.07	1.32	131.2	
Regular Slice 12-Grain		79234	43	120	2	0.2	0	0	150	20	3	3	5	1.65	0.05	37.21	1.15	120	
Regular Slice White		24700	61	150	1.5	0.3	0.02	0	230	29	1	2	5	1.34	0.03	42.12	1.98	50.7	
Regular Slice 100% Whole Wheat		24300	61	150	1.5	0.4	0.02	0	240	27	3	1	6	3.01	0	42.15	1.48	141.55	
Thick Slice White		07900	84	210	2	0.5	0.03	0	320	40	2	3	7	1.84	0.03	58	2.73	69.82	
Thick Slice 100% Whole Wheat		07800	84	200	2.5	0.5	0.03	0	330	37	4	2	8	4.12	0	70.8	2.02	192.46	
HOTS & HAMS																			
Mini Buns		05317	32	80	1	0.2	0.01	0	150	15	1	1	2	0.68	0	14.82	0.99	23.09	
Brioche Bun		33610	96	290	10	6	0.21	80	360	43	2	7	8	0	0	22	2.1	26.04	
Classic Egg Hamburger Bun		33611	83	200	3	0.4	0	25	380	37	2	2	7	8.98	0	14.36	2.26	0.01	
Onion Bun		33613	88	220	4	0.5	0	0	370	40	2	4	7	0	0	93.32	2.26	32.64	
Premium Rustic Bun		05318	91	210	2.5	0.5	0	0	440	40	1	2	7	1.87	0	55.28	2.81	63.9	
Classic Egg Hot Dog Bun		33612	72	330	2.5	0.4	0	20	330	32	1	1	6	7.79	0	12.46	1.96	0.01	