

DESSERTS

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
BARS & BROWNIES									
Brownies ■	1 piece	164	4.3 g	24%	0 mg	2.2 g	29.2 g	1.1 g	196 mg
Brownies with Icing ■	1 piece	195	5.7 g	26%	0 mg	2.3 g	33.5 g	1.1 g	210 mg
German Chocolate Brownies ■	1 piece	192	6 g	28%	5 mg	2.4 g	32 g	1.2 g	210 mg
Magic Cookie Bars ■	1 piece	259	16.2 g	56%	4 mg	3.2 g	20.4 g	1.2 g	115 mg
Peanut Butter Brownies ■	1 piece	242	9.5 g	35%	0 mg	4.2 g	35 g	1.5 g	245 mg
White Chocolate Chip Brownies ■	1 piece	205	6.5 g	29%	2 mg	2.7 g	34 g	1.1 g	207 mg
CAKES									
Applesauce Cake ■	1 piece	295	12.4 g	38%	19 mg	3.6 g	42.2 g	0.5 g	268 mg
Banana Cake ■	1 piece	208	9.3 g	40%	46 mg	3 g	28 g	0 g	241 mg
Chocolate Chip Cake ■	1 piece	388	16.4 g	38%	46 mg	4 g	56 g	0.4 g	303 mg
German Chocolate Cake ■	1 piece	241	8.7 g	32%	16 mg	2.2 g	38.4 g	1.7 g	284 mg
Lemon Glaze Cake ■	1 piece	244	10.5 g	39%	46 mg	3.2 g	34.1 g	0 g	245 mg
Marble Cake ■	1 piece	262	11.6 g	40%	62 mg	4.3 g	35 g	0 g	326 mg
Peach Spice Cake ■	1 piece	193	4.5 g	21%	10 mg	2 g	36 g	0 g	270 mg
Pineapple Upside Down Cake ■	3" sq.	194	6 g	28%	24 mg	2.6 g	32.4 g	0 g	206 mg
Red Velvet Cake ■	1/16th	308	10.7 g	31%	38 mg	3.4 g	49.5 g	0 g	239 mg
Strawberry Shortcake ■	1 piece	299	15 g	45%	46 mg	3 g	38 g	0 g	265 mg
COOKIES									
Butter Toffee Crunch ■	1	170	8 g	42%	10 mg	2 g	24 g	0 g	120 mg
Carnival ■	1	160	7 g	39%	10 mg	2 g	24 g	1 g	125 mg
Chocolate Chip ■	1	170	7 g	37%	10 mg	2 g	24 g	1 g	120 mg
Chocolate Chip Pecan ■	1	170	9 g	48%	10 mg	2 g	22 g	1 g	110 mg
Chocolate Chip Walnut ■	1	170	9 g	48%	10 mg	2 g	22 g	1 g	110 mg
Chocolate with Reese's ■	1	150	5 g	30%	10 mg	2 g	25 g	1 g	130 mg
Double Chocolate Chip ■	1	170	8 g	42%	10 mg	2 g	23 g	1 g	135 mg
Oatmeal Raisin ■	1	160	7 g	36%	10 mg	2 g	23 g	1 g	130 mg
Peanut Butter ■	1	170	9 g	48%	10 mg	3 g	20 g	1 g	170 mg
Strawberry Shortcake ■	1	160	7 g	39%	10 mg	1 g	24 g	1 g	130 mg
Sugar Butter ■	1	160	7 g	39%	15 mg	2 g	23 g	0 g	140 mg
Turtle ■	1	170	9 g	48%	10 mg	2 g	22 g	1 g	130 mg
White Chocolate Macadamia ■	1	170	9 g	48%	10 mg	2 g	22 g	0 g	120 mg
MISC. DESSERTS									
Apple Cobbler ■	3 oz.	204	4.8 g	21%	0 mg	0 g	40.3 g	1.4 g	80 mg
Cannoli ■	1	153	7.7 g	45%	24 mg	2.4 g	18.6 g	0 g	52 mg
Cinnamon Twist ■	1	440	2.3 g	47%	25 mg	7 g	52 g	2 g	710 mg
Cookie Sandwich ■	1	515	24.3 g	42%	10 mg	4 g	70 g	2 g	320 mg
Dirt Pudding ■	1/2 cup	394	19.6 g	45%	15 mg	4.3 g	50 g	1.5 g	332 mg
Mini Scone ■	1	220	10.5 g	43%	7.5 mg	2.5 g	29 g	0.5 g	150 mg
Scone ■	1	440	21 g	43%	15 mg	5 g	57 g	1 g	300 mg
PIES									
Apple Pie ■	1/8 of pie	542	34 g	56%	0 mg	4 g	55 g	3.8 g	500 mg
Banana Cream Pie ■	1/8 of pie	450	32 g	64%	75 mg	5 g	35 g	1.3 g	263 mg
Blueberry Pie ■	1/8 of pie	375	19 g	46%	0 mg	4 g	51 g	2.5 g	438 mg
Boston Cream Pie ■	1/8 of pie	275	9 g	29%	25 mg	4 g	45 g	2.5 g	288 mg

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

▲ These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.

FROZEN YOGURT/ICE CREAM, CONT.

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Calcium	Sodium
Boston Cream Pie ■	1/8 of pie	275	9 g	29%	25 mg	4 g	45 g	2.5 g	288 mg
Cherry Pie ▲	1/8 of pie	500	25 g	45%	0 mg	5 g	63 g	3.8 g	438 mg
Chocolate Cream Pie ■	1/8 of pie	308	17 g	50%	<5 mg	2 g	37 g	1.5 g	158 mg
Coconut Cream Pie ■	1/8 of pie	323	19 g	53%	<5 mg	2 g	37 g	2.3 g	248 mg
French Silk Pie ■	1/8 of pie	570	40 g	63%	85 mg	4 g	48 g	3 g	210 mg
Keylime Pie ■	1/8 of pie	520	31 g	54%	220 mg	9 g	53 g	1 g	220 mg
Lemon Meringue Pie ■	1/8 of pie	290	9 g	28%	0 mg	2 g	52 g	2 g	330 mg
Lite Apple Pie ■	1/8 of pie	240	7 g	26%	0 mg	4 g	41 g	3 g	320 mg
Peach Pie ■	1/8 of pie	450	23 g	46%	10 mg	4 g	57 g	2.5 g	363 mg
Pecan Pie ■	1/8 of pie	600	28 g	42%	79 mg	7 g	81 g	1 g	578 mg
Pumpkin Pie ■	1/8 of pie	400	14 g	32%	50 mg	6 g	64 g	3.8 g	375 mg
FROZEN YOGURT									
Blueberry Burst ■★	1/2 cup	100	0 g	0%	0 mg	2 g	22 g	10% DV	70 mg
Butter Brickle ■★	1/2 cup	110	0 g	0%	5 mg	3 g	23 g	15% DV	85 mg
Cappuccino ■★	1/2 cup	100	0 g	0%	5 mg	4 g	21 g	15% DV	85 mg
Irish Mint ■★	1/2 cup	100	0 g	0%	5 mg	3 g	22 g	10% DV	70 mg
Island Banana ■★	1/2 cup	100	0 g	0%	0 mg	3 g	21 g	10% DV	80 mg
Kahlua ■★	1/2 cup	100	0 g	0%	0 mg	2 g	22 g	10% DV	75 mg
New York Cheesecake ■★	1/2 cup	100	0 g	0%	5 mg	3 g	23 g	10% DV	80 mg
Outrageous Orange ■★	1/2 cup	100	0 g	0%	5 mg	3 g	22 g	10% DV	85 mg
Snickerdoodle ■★	1/2 cup	100	0 g	0%	5 mg	3 g	20 g	10% DV	75 mg
Very Raspberry ■★	1/2 cup	100	0 g	0%	0 mg	2 g	22 g	8% DV	70 mg
Very Strawberry ■★	1/2 cup	90	0 g	0%	0 mg	3 g	20 g	10% DV	70 mg
White Chocolate Macadamia ■★	1/2 cup	100	0 g	0%	5 mg	3 g	21 g	10% DV	80 mg
HAND DIPPED FROZEN YOGURT									
Chocolate ■	1 cup	220	5 g	20%	20 mg	6 g	40 g	0 mg	120 mg
Vanilla ■	1 cup	240	5 g	19%	20 mg	6 g	44 g	0 mg	110 mg
HAND DIPPED ICE CREAM									
Banana Split ■	1 cup	280	12 g	39%	30 mg	2 g	42 g	80 mg	70 mg
Bing Cherry ■	1 cup	300	14 g	42%	40 mg	4 g	38 g	120 mg	80 mg
Black Raspberry ■	1 cup	300	14 g	42%	30 mg	4 g	42 g	120 mg	80 mg
Butter Almond ■	1 cup	320	18 g	51%	40 mg	6 g	36 g	160 mg	120 mg
Butter Pecan ■	1 cup	320	18 g	51%	40 mg	4 g	34 g	120 mg	100 mg
Chocolate Chip ■	1 cup	320	16 g	45%	40 mg	4 g	40 g	120 mg	80 mg
Chocolate Chip Cookie Dough ■	1 cup	320	16 g	45%	30 mg	4 g	44 g	120 mg	90 mg
Chocolate Eclair ■	1 cup	360	18 g	45%	30 mg	4 g	44 g	120 mg	100 mg
Chocolate Marshmallow ■	1 cup	300	14 g	42%	30 mg	4 g	40 g	120 mg	100 mg
Classic Chocolate ■	1 cup	280	14 g	45%	40 mg	4 g	36 g	120 mg	90 mg
Coffee ■	1 cup	280	14 g	45%	40 mg	4 g	36 g	120 mg	80 mg
Cookies & Cream ■	1 cup	320	16 g	45%	40 mg	4 g	40 g	120 mg	100 mg
Egg Nog ■	1 cup	320	16 g	45%	40 mg	4 g	36 g	120 mg	80 mg
French Vanilla ■	1 cup	300	14 g	42%	80 mg	4 g	38 g	120 mg	90 mg
Fudge Ripple ■	1 cup	300	14 g	42%	30 mg	4 g	42 g	120 mg	80 mg
Mint Chocolate Chip ■	1 cup	320	16 g	45%	40 mg	4 g	40 g	120 mg	80 mg
Peach ■	1 cup	280	12 g	39%	30 mg	4 g	38 g	120 mg	80 mg

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

▲ These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.

