



**BREADSMITH**  
HAND MADE. HEARTH BAKED.™

	NET WT (oz)	Serving Size	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>BREADS</b>														
100% Whole Wheat	29	1/2" slice	46	100	0	0	0	0	0	190	20	3	4	4
Anise Sweet Bread	28	1/2" slice	40	120	25	3	1	0	5	125	21	1	3	4
Apple Pie Bread	27	1/2" slice	43	100	15	2	0.5	0	0	120	20	1	10	2
Austrian Pumpernickel	29	1/2" slice	46	90	5	0.5	0	0	0	115	19	4	0	3
Beer Bread	28	1/2" slice	44	100	0	0.5	0	0	0	160	20	1	1	3
Blueberry Cornbread	28	1/2" slice	44	110	0	0	0	0	0	220	24	1	3	3
Blueberry Lemon Bread	28	1/2" slice	44	90	0	0	0	0	0	160	20	1	3	3
Blueberry Pie Bread	27	1/2" slice	43	100	20	2	0.5	0	0	120	19	1	8	2
Cherry Cordial	21	1/2" slice	33	100	25	3	1.5	0	5	125	16	1	4	2
Cherry Pie Bread	27	1/2" slice	43	100	15	2	0.5	0	0	120	19	0	9	2
Cherry Walnut	28	1/2" slice	40	90	10	1	0	0	0	140	18	1	2	3
Chocolate Babka	26	1/2" slice	46	150	50	5	1.5	0	0	190	22	1	7	3
Chocolate Bread	28	1/2" slice	40	100	15	2	1	0	0	135	19	1	4	3
Chocolate Cherry Bread	28	1/2" slice	40	100	15	1.5	1	0	0	130	19	1	4	3
Ciabatta	27	1/2" slice	38	80	0	0	0	0	0	170	16	1	0	3
Cinnamon Spice	28	1/2" slice	40	100	0	0	0	0	0	135	21	1	6	3
Cinnamon Swirl	28	1/2" slice	44	140	40	4.5	1	0	5	210	22	1	7	3
Cornbread	29	1/2" slice	46	100	0	0	0	0	0	210	22	1	3	3
Country Sourdough	29	1/2" slice	46	100	0	0	0	0	0	220	19	1	0	3
Country White	29	1/2" slice	41	110	20	2	0.5	0	5	200	19	1	3	3
Cranberry Cornbread	29	1/2" slice	46	110	0	0	0	0	0	200	23	1	4	3
Cranberry Orange	28	1/2" slice	40	90	0	0	0	0	0	150	19	1	4	3
Cranberry Sourdough Whole Grain	29	1/2" slice	46	100	0	0.5	0	0	0	150	20	3	4	3
Cranberry Walnut Sourdough	28	1/2" slice	44	130	15	2	0	0	0	210	24	1	2	5
Dark Rye	28	1/2" slice	40	80	0	0	0	0	0	160	17	1	0	3
Dark Rye with Golden Raisins	29	1/2" slice	40	100	0	0	0	0	0	180	21	1	2	3
Deli Rye	28	1/2" slice	44	90	0	0	0	0	0	160	19	1	1	3
Egg Bread	28	1/2" slice	40	130	25	3	0	0	15	55	21	1	3	4
English Muffin Bread	21	1/2" slice	33	70	10	1.5	0	0	0	135	13	0	0	2
Farmer's Wheat	29	1/2" slice	46	110	20	2	0	0	0	130	19	3	2	4
Flax Seed	28	1/2" slice	40	90	10	1	0	0	0	190	17	1	0	3
Freedom Bread	28	1/2" slice	40	90	0	0	0	0	0	140	19	1	4	3
French Baguette	16	1" slice	17	40	0	0	0	0	0	90	8	0	0	1
French Bread	28	1/2" slice	44	100	0	0	0	0	0	230	21	1	0	4
French Peasant	29	1/2" slice	46	100	0	0	0	0	0	210	20	1	0	4
Frontier Bread	28	1/2" slice	40	90	0	0	0	0	0	150	19	2	3	3
Fruit Bread	28	1/2" slice	44	100	10	1.5	0	0	0	150	20	2	5	3
Garlic Onion	28	1/2" slice	44	90	0	0	0	0	0	180	19	1	1	3
Gluten Free	28	1/2" slice	44	100	20	2.5	0	0	25	190	17	1	3	3
Granola Bread	29	1/2" slice	40	100	20	2	0	0	0	140	17	1	2	3
Greek Olive	28	1/2" slice	40	80	5	0.5	0	0	0	95	16	1	0	3
Greek Olive Ciabatta	25	1/2" slice	35	70	0	0.5	0	0	0	170	13	1	0	2
Honey Cake	15	1/2" slice	27	90	25	3	0	0	0	110	16	1	10	1
Honey Challah	28	1/2" slice	40	90	0	0	0	0	0	140	19	1	3	3
Honey Oat Bran	29	1/2" slice	46	100	5	0.5	0	0	0	160	21	1	3	4
Honey Oat Bran with Blueberries	29	1/2" slice	46	110	5	0.5	0	0	0	180	23	2	4	4
Honey Oat Bran with Cranberries	29	1/2" slice	46	110	5	0.5	0	0	0	150	22	2	5	3
Honey Raisin	28	1/2" slice	40	90	0	0	0	0	0	150	20	1	6	3
Honey Raisin Challah	24	1/2" slice	40	90	0	0	0	0	0	150	20	1	6	3
Honey Raisin Pecan	28	1/2" slice	40	110	20	2.5	0	0	0	140	19	1	5	3
Honey Stoneground Wheat	29	1/2" slice	46	100	5	0.5	0	0	0	200	20	2	3	3
Honey Sunflower Whole Wheat	29	1/2" slice	46	110	20	2	0	0	0	180	19	3	3	4
Honey Wheat	29	1/2" slice	46	100	5	0.5	0	0	0	170	21	2	3	4
Honey Wheat with Blueberries	29	1/2" slice	46	110	5	0.5	0	0	0	180	23	2	4	4
Honey Wheat with Cranberries	29	1/2" slice	46	110	5	0.5	0	0	0	150	22	2	5	3
Honey White	29	1/2" slice	41	90	0	0	0	0	0	150	19	1	3	3
Honey Whole Wheat	29	1/2" slice	46	100	0	0	0	0	0	190	20	3	3	4
Icelandic Brown Bread	29	1/2" slice	46	140	20	2.5	0.5	0	0	130	25	1	3	4
Irish Oat Bran	29	1/2" slice	51	110	5	0.5	0	0	0	240	21	2	1	4
Irish Soda Bread	29	1/2" slice	51	150	35	4	1	0	0	180	25	2	6	4
Jalapeño Cornbread	29	1/2" slice	46	100	0	0	0	0	0	200	22	1	3	3
Maple Walnut Bread	28	1/2" slice	40	100	20	2	0	0	0	140	18	1	3	3
Marathon Multigrain	29	1/2" slice	46	100	15	2	0	0	0	150	18	2	0	4
Marble Rye	28	1/2" slice	40	80	0	0	0	0	0	150	17	1	0	3
Mediterranean Herb	28	1/2" slice	40	80	0	0	0	0	0	210	17	1	0	3
Multigrain	29	1/2" slice	46	110	15	1.5	0	0	0	200	21	2	0	4
Multigrain Sandwich Bread	29	1/2" slice	41	90	10	1	0	0	0	150	18	1	0	3
Multigrain Whole Wheat	29	1/2" slice	46	120	10	1.5	0	0	0	180	22	4	3	4
Norwegian Rye	28	1/2" slice	44	90	0	0.5	0	0	0	170	19	3	1	3
Onion Poppyseed	24	1/2" slice	38	110	15	2	0	0	0	190	20	1	2	3



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<b>BREADS</b>														
Onion Rye	28	1/2" slice	40	80	0	0	0	0	0	160	17	1	1	3
Pain au Chocolat	21	1/2" slice	33	100	25	3	1.5	0	5	135	16	1	5	2
Panettone	28	1/2" slice	44	110	10	1	0	0	5	80	21	1	7	3
Pecan Sourdough Whole Grain	29	1/2" slice	46	100	20	2.5	0	0	0	160	17	3	1	4
Poppyseed Babka	26	1/2" slice	46	140	45	5	1	0	5	90	20	1	6	4
Portuguese Sweet Bread	28	1/2" slice	40	120	25	3	1	0	5	125	21	1	3	4
Potato Flake	29	1/2" slice	46	90	0	0	0	0	0	160	19	1	1	3
Pretzel Bread	21	1/2" slice	33	90	15	2	0	0	0	95	15	0	2	2
Pumpernickel Brick	29	1/2" slice	46	100	15	1.5	0	0	0	210	19	4	0	4
Raisin Cinnamon	29	1/2" slice	46	100	0	0	0	0	0	160	22	1	4	3
Raisin Cinnamon Walnut	29	1/2" slice	46	110	20	2.5	0	0	0	160	20	2	4	4
Raisin Cinnamon Whole Wheat	29	1/2" slice	46	110	0	0.5	0	0	0	190	24	3	6	4
Raisin Sunflower	28	1/2" slice	44	120	20	2	0	0	0	180	23	2	5	4
Raisin Walnut	29	1/2" slice	46	120	20	2.5	0	0	0	170	21	2	4	4
Reduced Carb Multigrain	21	1/2" slice	33	70	20	2	0	0	0	10	10	3	0	4
Reduced Carb Raisin Cinnamon	21	1/2" slice	33	60	5	0.5	0	0	0	15	13	3	2	4
Reduced Carb Wheat	21	1/2" slice	33	60	5	1	0	0	0	15	11	3	0	5
Reduced Carb White	21	1/2" slice	33	60	5	1	0	0	0	15	11	3	0	5
Rosemary Country Bread	28	1/2" slice	44	100	0	0	0	0	0	210	19	1	0	4
Rosemary Fougasse	20	1/2" slice	41	90	10	1	0	0	0	180	17	1	0	3
Rosemary Garlic Ciabatta	25	1/2" slice	35	70	0	0	0	0	0	150	14	1	0	3
Rosemary Multigrain Sandwich Bread	29	1/2" slice	41	90	10	1	0	0	0	150	18	1	0	3
Rum Raisin Babka	26	1/2" slice	46	130	35	3.5	1	0	5	95	22	1	7	3
Russian Rye	28	1/2" slice	40	90	10	1	0	0	0	115	18	1	2	3
Rustic Italian	28	1/2" slice	40	140	5	0.5	0	0	0	260	28	1	1	5
Semolina Bread	28	1/2" slice	40	90	0	0	0	0	0	160	17	1	0	3
Sourdough	28	1/2" slice	44	110	0	0.5	0	0	0	200	21	1	1	4
Sourdough Rye	29	1/2" slice	46	100	0	0.5	0	0	0	200	21	2	1	3
Sourdough Whole Grain	29	1/2" slice	46	90	0	0	0	0	0	170	18	3	1	3
Stollen	29	1/2" slice	41	120	30	3.5	0.5	0	5	60	20	1	5	3
Stoneground Wheat	29	1/2" slice	46	100	5	0.5	0	0	0	210	19	2	0	4
Swedish Limpa Rye	29	1/2" slice	46	110	0	0	0	0	0	200	23	2	4	3
Sweet Bellagio	24	1/2" slice	34	70	5	0.5	0	0	0	130	15	0	2	2
Toasted Onion Sourdough Whole Grain	28	1/2" slice	44	100	0	0	0	0	0	200	19	3	1	4
Tomato Basil	28	1/2" slice	40	90	0	0	0	0	0	180	18	1	1	3
Traditional Rye	28	1/2" slice	40	80	0	0	0	0	0	160	17	1	0	3
Tuscan Rustica	29	1/2" slice	46	100	0	0	0	0	0	200	20	1	0	3
Vanilla Egg	29	1/2" slice	41	110	25	2.5	0	0	15	50	19	1	3	3
Walnut Babka	26	1/2" slice	46	140	60	6	1	0	5	90	19	1	5	4
Wheat Flax Seed	28	1/2" slice	40	90	10	1	0	0	0	190	16	2	0	3
<b>BUNS</b>														
Hamburger Bun	3.5	1 bun	99	240	40	4.5	0	0	5	430	43	2	4	7
Hot Dog Bun	3.5	1 bun	99	240	40	4.5	0	0	5	430	43	2	4	7
Potato Flake Roll	3.5	1 roll	99	190	5	1	0	0	0	350	41	2	2	6
Soft Bun	3.5	1 bun	99	240	40	4.5	0	0	5	430	43	2	4	7
Soft Onion Bun	3.5	1 bun	99	240	40	4	0	0	5	410	42	2	5	7
Soft Rye Bun	3.5	1 bun	99	270	45	5	0	0	10	480	48	4	5	9
Soft Tomato Basil Bun	3.5	1 bun	99	230	35	4	0	0	5	410	41	2	4	7
Soft Wheat Bun	3.5	1 bun	99	240	45	5	0.5	0	5	410	41	3	4	8
<b>DESSERT BREADS</b>														
Apple Cinnamon Walnut Dessert Bread	30	1/2" slice	47	160	70	8	0.5	0	25	50	21	1	12	3
Banana Chocolate Chip Dessert Bread	30	1/2" slice	47	140	45	5	1.5	0	15	200	22	1	13	2
Banana Dessert Bread	30	1/2" slice	47	130	40	4.5	1	0	20	220	21	1	12	2
Banana Walnut Chocolate Chip Dessert Bread	30	1/2" slice	47	150	60	7	1.5	0	15	190	21	1	12	3
Banana Walnut Dessert Bread	30	1/2" slice	47	140	50	6	1.5	0	15	200	20	1	11	3
Blueberry Corn Dessert Bread	30	1/2" slice	47	130	40	4.5	1	0	10	170	20	1	6	3
Blueberry Lemon Dessert Bread	30	1/2" slice	47	140	35	4	1	0	15	240	23	1	12	2
Chocolate Dessert Bread	30	1/2" slice	47	160	60	7	3	0	10	130	24	1	14	2
Cranberry Orange Dessert Bread	30	1/2" slice	47	130	35	4	1	0	10	140	22	1	11	2
Lemon Poppyseed Dessert Bread	30	1/2" slice	47	150	50	6	1	0	30	170	23	0	12	3
Pumpkin Chocolate Chip Dessert Bread	30	1/2" slice	47	150	50	6	1	0	10	180	23	1	15	2
Pumpkin Chocolate Chip Walnut Dessert Bread	30	1/2" slice	47	160	60	7	1	0	10	190	24	1	15	3
Pumpkin Cranberry Dessert Bread	30	1/2" slice	47	150	45	5	0	0	10	200	26	1	16	2
Pumpkin Cranberry Walnut Dessert Bread	30	1/2" slice	47	150	60	6	0.5	0	10	190	22	1	13	2
Pumpkin Dessert Bread	30	1/2" slice	47	140	45	5	0	0	10	200	23	1	14	2
Pumpkin Raisin Dessert Bread	30	1/2" slice	47	150	45	5	0	0	10	200	25	1	16	2
Pumpkin Raisin Walnut Dessert Bread	30	1/2" slice	47	160	60	6	0.5	0	10	190	24	1	15	3
Pumpkin Walnut Dessert Bread	30	1/2" slice	47	150	60	6	0.5	0	10	190	22	1	13	2
Zucchini Dessert Bread	30	1/2" slice	47	170	70	8	0.5	0	20	110	23	1	13	3



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<b>MUFFINS</b>														
Apple Cinnamon Walnut Muffin	5	1 muffin	142	480	200	23	2	0	70	140	63	2	35	8
Banana Chocolate Chip Muffin	5	1 muffin	142	420	140	15	5	0.5	50	610	67	3	38	6
Banana Muffin	5	1 muffin	142	400	120	14	3.5	0.5	55	660	65	2	35	6
Banana Walnut Chocolate Chip Muffin	5	1 muffin	142	450	170	20	5	0.5	50	570	63	3	36	8
Banana Walnut Muffin	5	1 muffin	142	430	160	18	4	0.5	50	610	61	3	33	8
Blueberry Corn Muffin	5.5	1 muffin	156	440	140	15	4	0.5	35	570	67	5	21	10
Blueberry Lemon Muffin	5	1 muffin	142	410	110	13	3.5	0.5	45	740	69	2	36	7
Chocolate Muffin	5.5	1 muffin	156	530	200	22	9	0.5	35	440	81	3	45	8
Cranberry Orange Muffin	5.5	1 muffin	156	430	120	14	3.5	0.5	40	460	72	2	36	7
Lemon Poppyseed Muffin	5.5	1 muffin	156	500	160	18	3.5	0	100	560	75	1	41	9
Pumpkin Chocolate Chip Muffin	5.5	1 muffin	156	480	160	18	3.5	0	30	610	78	3	49	6
Pumpkin Chocolate Chip Walnut Muffin	5.5	1 muffin	156	550	210	24	3.5	0	30	620	79	3	50	9
Pumpkin Cranberry Muffin	5.5	1 muffin	156	500	150	17	1.5	0	30	650	85	3	53	6
Pumpkin Cranberry Walnut Muffin	5.5	1 muffin	156	500	190	21	1.5	0	30	620	74	3	44	8
Pumpkin Muffin	6	1 muffin	170	510	160	18	1.5	0	35	710	83	2	51	7
Pumpkin Raisin Muffin	5.5	1 muffin	156	500	150	17	1.5	0	30	660	84	3	53	7
Pumpkin Raisin Walnut Muffin	5.5	1 muffin	156	530	190	21	1.5	0	30	620	81	3	50	8
Pumpkin Walnut Muffin	6	1 muffin	170	540	200	23	2	0	30	670	79	3	48	9
Raisin Bran Muffin	6	1 muffin	170	380	50	6	0.5	0	20	330	76	9	34	9
Sunrise Sensation Muffin	5.5	1 muffin	156	570	280	32	2.5	0	55	460	65	2	33	8
Zucchini Muffin	5.5	1 muffin	156	570	240	27	2.5	0	70	370	75	2	43	10
<b>COOKIES</b>														
Chocolate Chip	2	1 cookie	57	240	110	12	5	0	20	230	33	1	21	3
Chocolate Chocolate Chip	2	1 cookie	57	230	90	11	6	0	35	100	36	2	29	3
Ginger	2	1 cookie	57	230	90	10	3	0	20	250	33	1	18	3
Lemon Sugar	2	1 cookie	57	230	80	9	2.5	0	20	160	35	1	20	3
Oatmeal	2	1 cookie	57	280	120	14	4	0.5	30	270	34	3	15	5
Oatmeal Chocolate Chip	2	1 cookie	57	290	130	15	6	0	20	200	36	3	21	4
Oatmeal Cranberry	2	1 cookie	57	270	110	12	3	0.5	25	230	37	3	20	4
Oatmeal Raisin	2	1 cookie	57	230	90	10	2.5	0	20	200	32	2	17	4
Orange Sugar	2	1 cookie	57	230	80	9	2.5	0	20	160	35	1	20	3
Peanut Butter	2	1 cookie	57	260	130	15	3	0	15	220	29	2	17	6
Sugar	2	1 cookie	57	230	80	9	2.5	0	20	160	35	1	20	3
Wheat Peanut Butter	2	1 cookie	57	260	130	14	3	0	15	220	29	2	17	6
<b>SCONES</b>														
Apple Cinnamon	4.5	1 scone	128	440	140	16	4	0.5	30	710	69	3	26	9
Apricot Almond	4.5	1 scone	128	460	140	16	4	0.5	30	690	73	4	29	10
Blueberry Lemon	4.5	1 scone	128	410	140	16	4	0.5	30	690	60	2	17	9
Cherry Chocolate Chip	4.5	1 scone	128	470	150	18	5	0.5	30	690	69	2	18	11
Chocolate Chip	4.5	1 scone	128	460	190	21	9	0.5	30	580	65	3	28	9
Cranberry Orange	4.5	1 scone	128	480	140	16	4	0.5	30	690	78	3	32	9
Currant	4.5	1 scone	128	360	120	14	3.5	0.5	25	610	53	1	13	8
Maple Walnut	4.5	1 scone	128	540	250	28	5	0.5	30	690	62	3	19	14
Pecan	4.5	1 scone	128	510	270	30	5	0.5	25	610	52	4	14	10
Plain	4.5	1 scone	128	430	150	17	4.5	0.5	30	740	60	2	16	10
Pumpkin	4.5	1 scone	128	440	120	13	3.5	0.5	35	520	71	3	21	11
Pumpkin Chocolate Chip	4.5	1 scone	128	460	140	16	5	0.5	35	480	72	3	25	10
Pumpkin Cranberry	4.5	1 scone	128	440	110	13	3.5	0.5	35	480	74	3	26	10
Pumpkin Walnut	4.5	1 scone	128	480	170	19	3.5	0.5	35	480	66	3	19	12
Raisin Cinnamon	4.5	1 scone	128	480	140	16	4	0.5	30	700	77	3	30	10
Raisin Cinnamon Walnut	4.5	1 scone	128	500	170	19	4.5	0.5	30	690	74	3	28	11
<b>OTHER SWEETS</b>														
Anise Citrus Claw	4	1 claw	113	350	80	9	2	0	20	360	58	2	9	10
Babka Roll - Chocolate	6	1/2 roll	85	270	90	10	2.5	0	0	350	41	2	13	6
Babka Roll - Poppyseed	6	1/2 roll	85	260	90	10	2	0	10	170	37	2	11	7
Babka Roll - Rum Raisin	6	1/2 roll	85	250	60	7	2	0	10	170	41	2	12	6
Babka Roll - Walnut	6	1/2 roll	85	270	100	12	2	0	10	170	35	2	10	7
Biscotti - Almond	1.1	1 biscotti	32	110	20	2.5	0	0	25	75	20	1	10	3
Biscotti - Chocolate Hazelnut	1.1	1 biscotti	32	110	30	3.5	1	0	20	70	19	1	10	3
Biscotti - Lemon Anise	1.1	1 biscotti	32	100	10	1	0	0	25	90	21	0	11	3
Brownie	4	1 brownie	113	460	190	22	9	0.5	80	210	64	3	46	6
Brownie with Walnuts	4	1 brownie	113	490	250	28	8	0.5	70	180	57	3	40	9
Cinnamon Bun	5.5	1 bun	156	440	120	13	3.5	0.5	35	620	72	2	28	9
Cinnamon Claw	4	1 claw	113	310	50	6	1.5	0	10	520	57	2	15	8
Citrus Claw	4	1 claw	113	350	80	9	2	0	15	360	58	2	9	10
Coffee Cake - Apple	24	1/8 cake	85	240	50	5	1	0	0	135	47	1	34	2
Coffee Cake - Apple (individual)	6.5	1/2 cake	92	270	60	6	1	0	0	150	54	1	39	3
Coffee Cake - Blueberry	24	1/8 cake	85	240	50	6	1	0	0	140	45	1	32	3
Coffee Cake - Blueberry (individual)	6.5	1/2 cake	92	270	60	6	1	0	0	150	52	1	37	3
Coffee Cake - Cherry	24	1/8 cake	85	230	45	5	0.5	0	0	130	45	1	32	3
Coffee Cake - Cherry (individual)	6.5	1/2 cake	92	260	50	6	1	0	0	140	51	1	37	3



	NET WT (oz)	Serving Size	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>OTHER SWEETS</b>														
Coffee Cake - Original	24	1/8 cake	85	340	110	12	1	0	0	200	54	1	35	6
Coffee Cake - Original (individual)	6.5	1/2 cake	92	370	120	13	1	0	0	220	58	2	38	6
Mini Pie Bread - Apple	5	1/2 mini pie	71	170	30	3.5	1	0	5	200	33	1	17	3
Mini Pie Bread - Blueberry	5	1/2 mini pie	71	170	30	3.5	1	0	5	200	31	1	13	3
Mini Pie Bread - Cherry	5	1/2 mini pie	71	170	30	3.5	1	0	5	200	32	1	15	3
Nutty Pumpkin Harvest Bar	5	1/2 bar	71	250	90	10	1.5	0	10	170	38	3	21	4
Pumpkin Harvest Bar	5	1/2 bar	71	240	80	9	1.5	0	10	170	39	3	22	4
<b>OTHER ITEMS</b>														
Croutons	8	1/8 package	28	70	15	1.5	0	0	0	250	13	1	0	2
Focaccia (without toppings)	18	1/8 focaccia	64	150	20	2.5	0	0	0	270	27	1	2	5
Granola - Almond Pecan	16	1/2 cup	52	230	110	13	2	0	0	105	26	4	11	6
Granola - Cranberry	16	1/2 cup	52	200	70	8	1.5	0	0	105	31	3	16	5
Granola - Vanilla	16	1/2 cup	52	210	80	9	2	0	0	125	28	3	13	6
Pizza Dough	16	1/8 package	57	140	15	1.5	0	0	0	230	26	1	2	5
Wheat Pizza Dough	16	1/8 package	57	130	15	1.5	0	0	0	220	25	2	2	4

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Nutritional information provided from calculated results. 5-08 K