

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Cakes								
Angel Food	79	0	0	2	18	45	<1	0
Banana w/icing	179	7	3	2	27	191	0	19
Birthday	224	9	4	2	36	205	0	42
Carrot w/icing	247	13	3	2.5	30	459	1	30
Chocolate w/icing	173	8	3	2	26	110	1	12
German Chocolate	157	8	2	2	21	143	1	21
Goosey Butter	332	14	5	4	49	322	0	54
Lemon Chiffon	284	14	2	2	36	169	0	13
New York								
Cheesecake	217	17	7	5	12	149	0	93
Orange w/icing	179	7	1	2	27	184	<1	18
Pineapple								
Upsidedown	233	9	1	1	38	208	<1	1
Pound	112	5	1	2	15	48	0	41
Raspberry Dream	308	13	11	2	46	189	2	24
Red Velvet	411	22	6	4	50	400	1	43
Strawberry Cloud	245	11	8	3	33	182	2	29
Strawberry Shortcake	198	7	2	2	31	129	1	36
White,								
Coconut Frosting	165	5	3	2	28	172	0	13
White Champagne	402	24	12	4	42	279	0	70
White Sheet	165	6	3	2	26	198	1	44
Yellow, Choc Frosting	226	10	2	2	32	165	1	17

Cookies, Bars & Treats

Brownie,								
iced	200	9	2	1	30	150	1	21
with nuts	180	10	1	1	22	85	0	21
plain	170	9	2	1	24	100	0	21
Carnival	120	5	1	1	18	105	0	5
Chocolate Chip	130	6	2	1	17	95	1	5
Double Chocolate								
Chip	120	5	1	1	18	105	0	5
Fortune Cookie	28	0	0	0	7	20	0	1
Marshmallow Treat	168	8	2	1	24	216	0	0
Oatmeal	123	5	1	2	19	153	1	5
Oatmeal Raisin	120	5	2	2	17	110	1	5
Peanut Butter	130	6	1	2	17	140	0	5
Ranger	130	6	2	2	17	105	1	5
Sugar	120	5	1	1	18	105	0	5

Cupcakes

Chocolate	130	6	2	2	18	104	2	21
Yellow	124	5	2	2	20	149	2	33
Chocolate Icing, 2T	113	5	2	0	18	52	0	0
White &								
Colored Icing, 2T	119	5	1	0	20	26	0	0

Ice Cream, 1/2cup

Chocolate Chip	140	7	4	2	16	55	0	25
Chocolate	130	6	5	3	17	50	0	25
Cookie Dough	180	9	5	3	21	70	0	20
Cookies n' Cream	150	7	4	2	19	80	0	25
French Vanilla	131	7	4	2	16	57	0	25
Orange Sherbet	117	1	<1	1	26	15	0	5
Mint Chocolate Chip	190	9	6	6	18	50	0	25
Rocky Road	140	6	4	3	19	55	0	20
Strawberry	122	6	4	2	15	50	0	25
Vanilla	135	7	4	2	16	50	0	30

YoCream Frozen Yogurt, 1/2cup

Chocolate	100	0	0	3	21	50	0	0
Strawberry	100	0	0	3	21	50	0	0
Vanilla	100	0	0	3	21	50	0	0

Dessert Toppings, Syrups and Sauces

Cake Cones	44	1	0	1	8	110	0	0
Carmel Sauce, 2T	130	0	0	1	31	1	0	0
Chocolate Chips, 1/4c	144	10	6	1	16	50	0	0
Chocolate Sandwich								
Cookie, 1T	87	7	1	4	3	65	0	0
Chocolate Syrup, 2T	110	0	0	1	25	90	1	0
Hot Fudge, 2T	140	5	2	2	24	0	1	0
Marshmallow Topping	120	0	0	0	30	15	0	0
Peanuts, crushed, 1oz	166	14	2	7	6	230	2	0
Pecans, crushed, 1oz	187	19	1	2	5	0	3	0
Pineapple Topping, 2T	100	0	0	0	25	0	0	0
Sprinkles, 1tsp	67	3	1	1	10	93	0	0
Strawberry Sauce, 2T	100	0	0	0	26	0	0	0
Sugar Cones	43	1	0	1	8	15	0	0
Toasted Coconut, 1oz	166	13	12	2	12	10	0	0
Whipped Topping, 2T	5	1	1	0	1	11	0	0

Pastries

Apple Cinnamon								
Crispito	213	5	2	4	36	144	2	31
Apple Strudel	237	11	3	3	31	175	1	0
Apple Turnover	323	18	4	4	37	259	1	0
Cherry Crispitso	192	6	1	3	31	86	1	0
Cherry Strudel	247	12	6	3	31	175	<1	0
Cherry Turnover	324	18	4	4	37	260	1	0
Chinese Donut	216	9	1	3	30	597	1	1
Cinnamon Crispa	118	2	0	2	23	134	1	0
Lemon Tart	315	16	7	5	38	344	0	21
Strawberry Yogurt Tart	306	20	9	4	29	282	0	14

Pies

Apple	408	19	5	2	56	368	2	0
Banana Cream	324	18	11	1	40	235	2	4
Blueberry	423	19	4	2	61	372	2	0
Caramel Apple	251	11	7	4	35	121	1	51
Cherry	396	18	12	3	55	372	2	0
Chocolate Cream	332	18	12	2	40	170	2	4
Chocolate Meringue	350	15	7	3	51	217	2	0
Coconut Cream	349	20	13	2	40	268	2	3
Coconut Meringue	338	14	4	4	49	269	3	0
Dutch Apple	432	17	4	3	66	348	2	0
French Silk	322	23	12	2	27	119	2	48
Lemon Cream	341	19	11	2	41	251	2	4
Pecan	370	18	8	1	52	292	2	52
Pumpkin	317	13	4	5	44	383	2	60
Strawberry Cream	341	19	11	2	42	251	2	2

Cobblers

Apple	207	8	2	2	31	369	1	0
Blackberry	234	9	2	2	37	288	4	0
Cherry	234	8	2	2	8	342	2	0
Peach	216	8	2	2	34	306	2	0

Pudding and Gelatin

Gelatin, 1/2c								
Cherry	80	0	0	1	19	100	0	0
Lemon	80	0	0	1	19	100	0	0
Lime	80	0	0	1	19	100	0	0
Orange	80	0	0	1	19	100	0	0
Peach	80	0	0	1	19	100	0	0
Raspberry	80	0	0	1	19	100	0	0
Strawberry	80	0	0	1	19	100	0	0

Pudding 4 oz.

Banana	144	4	1	3	24	222	0	0
Butterscotch	110	1	0	2	24	256	0	0
Chocolate	140	4	1	2	24	173	<1	0
Lemon	126	2	0	1	26	140	0	0
Vanilla	136	4	1	2	23	183	0	0

Mousse, 2oz

Chocolate	299	22	2	4	22	30	0	0
Chocolate Cookie	298	21	2	4	24	54	0	2
Strawberry	141	9	0	1	14	10	0	0

Yogurt, 3 oz.

Plain	62	2	1	5	6	60	0	2
Fruit	89	1	0	4	16	45	0	4

Various Treats

Blackberries & Cream	133	7	4	1	17	31	4	0
Raspberries & Cream	121	7	4	1	14	30	6	0