

Bread Type	Calories	Fat Cal	Total Fat	Sat Fat	Cholest	Sodium	Total Carb	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
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All vitamin and mineral percentages are based on a 2000 calorie diet, and this % is based on the Recommended Daily Allowance (RDA).

Sweet Rolls

Based on 5 - 5.5 oz per roll

Cin Rolls -Plain	500	50	5 gr	3 gr	13 mg	723 mg	103 gr	3 gr	40 gr	9 gr	6%	0%	6%	34%
Cin Rolls -Nuts & Raisins	596	110	12 gr	3 gr	13 mg	725 mg	114 gr	4 gr	47 gr	11 gr	6%	1%	7%	37%
Cin Rolls -Nuts	614	160	18 gr	4 gr	13 mg	723 mg	106 gr	4 gr	40 gr	12 gr	6%	1%	8%	37%
Cin Rolls -Raisins	569	50	6 gr	3 gr	13 mg	726 mg	121 gr	4 gr	53 gr	10 gr	6%	1%	7%	37%
Wht Cin Rolls -Plain	559	80	9 gr	5 gr	20.5 mg	432 mg	114 gr	10 gr	57 gr	12 gr	9%	0%	8%	30%
Caramel Rolls -Nuts	614	170	11 gr	6 gr	26 mg	727 mg	102 gr	4 gr	35 gr	11 gr	11%	1%	6%	35%
Pumkin Pinwheel	394	10	1 gr	0	0	716 mg	87 gr	4 gr	22 gr	9 gr	57%	2%	4%	33%
Raspberry Pinwheel	372	10	1 gr	0	0	710 mg	81 gr	4gr	16 gr	9 gr	0%	9%	2%	29%

Muffins	Calories	Fat Cal	Total Fat	Sat Fat	Cholest	Sodium	Total Carb	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
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Based on 32 muffin per large recipe

Blueberry	347	130	14 gr	8 gr	100 mg	562 mg	48 gr	2 gr	17 gr	7 gr	18%	6%	9%	14%
Raspberry	344	130	14 gr	8 gr	100 mg	562 mg	47 gr	3 gr	15 gr	7 gr	18%	10%	10%	15%
Raspberry Choc Chip	440	190	21 gr	12gr	100 mg	562 mg	60gr	4 gr	27 gr	8 gr	18%	10%	10%	19%
Bran Muffins, 1 oz serving	70	20	2 gr	1.5 gr	15 mg	73 mg	12 gr	2 gr	3 gr	2 gr	3%	0%	3%	3%

Scones	Calories	Fat Cal	Total Fat	Sat Fat	Cholest	Sodium	Total Carb	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
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Based on 28 scones per large recipe

Blueberry	420	190	21 gr	12 gr	155 mg	535 mg	50 gr	2 gr	12 gr	9 gr	29%	6%	8%	18%
Cranberry Walnut	490	260	29 gr	13 gr	155 mg	535 mg	49 gr	3 gr	11 gr	9 gr	29%	10%	9%	20%
Double Choc	570	280	31 gr	18 gr	155 mg	535 mg	68 gr	3 gr	27 gr	10 gr	29%	0%	8%	25%
Raspberry	420	190	21 gr	12 gr	155 mg	535 mg	49 gr	3 gr	9 gr	9 gr	29%	10%	8%	19%
Sugar Cin	430	190	21 gr	12 gr	155 mg	535 mg	53 gr	2 gr	9 gr	9 gr	29%	0%	8%	19%
White Choc Pecan	560	300	34 gr	16 gr	155 mg	535 mg	58 gr	3 gr	18 gr	10 gr	29%	0%	9%	23%
Vanilla Raisin	470	180	19 gr	11 gr	150 mg	535 mg	65 gr	2 gr	24 gr	9 gr	27%	2%	8%	21%

Quick Breads	Calories	Fat Cal	Total Fat	Sat Fat	Cholest	Sodium	Total Carb	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
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Banana 1 oz slice	91	40	4	4 gr	22 mg	85 mg	11 gr	1 gr	6 gr	1.75 gr	3%	0%	1%	3%
Pumpkin 1 oz slice w/o nut	87	30	3 gr	0.5gr	31 mg	100 mg	13 gr	1 gr	9 gr	1.5 gr	20%	0%	1%	3%
Pumpkin 1 oz slice w/ nut	93	35	4 gr	0.5 gr	31 mg	100 mg	13 gr	1 gr	9 gr	1.5 gr	20%	0%	1%	3%
Lemon bread 1 oz slice	89	25	3 gr	1.5 gr	21 mg	70 mg	15 gr	0	9 gr	1 gr	4%	1%	2%	3%
Carrot bread 1 oz slice	115	50	5.5 gr	0.5 gr	16 mg	56 mg	15 gr	1 gr	10 gr	1 gr	15%	1%	1%	3%
Zucchini bread 1 oz slice	113	50	5.5 gr	0.5 gr	16 mg	55 mg	15 gr	0	10 gr	1 gr	1%	0%	1%	3%
Cranberry Orange 61 gm	126	27	3gr	.5gr	14 mg	209 mg	13 gr	1gr	9 gr	2gr	9re	7mg	43mg	1 mg
Chocolate Zucchini 1 oz	100	45	5	0.5 gr	16 mg	120 mg	13 gr	1 gr	8 gr	1 gr	1%	2%	3%	6%

Core Breads	Calories	Fat Cal	Total Fat	Sat Fat	Cholest	Sodium	Total Carb	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
based on 1 ounce serving														
9-Grain	65	0	0	0	0	101 mg	14 gr	1 gr	3 gr	2 gr	1%	0%	1%	5%
Apple Swirl	80	0	0	0	0	139 mg	19 gr	1 gr	6 gr	2 gr	0%	0%	1%	6%
Apricot Walnut	64	10	1 gr	0	0	76 mg	13 gr	2 gr	3 gr	2 gr	1%	0%	1%	4%
Basil Parmesan	85	15	2 gr	1 gr	4 mg	227 mg	14 gr	1 gr	2 gr	4 gr	1%	0%	7%	6%
Challah	80	15	2 gr	1 gr	21 mg	63 mg	15 gr	1 gr	3 gr	2.5 gr	2%	0%	1%	8%
Cin Raisin Walnut	67	15	1.5 g	0	0	73 mg	13 gr	2 gr	3 gr	2 gr	0%	0%	3%	12%
Cin Raisin Darwin	72	0	0	0	0	122 mg	15 gr	1 gr	3 gr	2 gr	1%	0%	1%	10%
Cin Swirl	80	0	0	0	0	140 mg	18 gr	1 gr	5 gr	2 gr	0%	0%	1%	6%
Dakota	73	10	1 gr	0	0	74 mg	15 gr	2 gr	4 gr	2.5 gr	0%	0%	1%	5%
Darwin	60	0	0	0	0	123 mg	13 gr	1 gr	1 gr	2 gr	0%	0%	1%	5%
Garden Herb	58	0	0	0	0	125 mg	12 gr	1 gr	1 gr	2 gr	1%	0%	0%	7%
Garlic Cheddar Wheat	79	10	1 gr	.66 gr	3 mg	105 mg	15 gr	2 gr	3 gr	3 gr	0%	0%	3%	5%
Garlic Cheddar White	85	20	2 gr	1 gr	6 mg	172 mg	14 gr	1 gr	2 gr	2 gr	2%	0%	4%	6%
Grandma's White	65	0	0	0	0	140 mg	14 gr	1 gr	2 gr	2 gr	0%	0%	0%	5%
Honey whole Wheat	62	0	0	0	0	80 mg	14 gr	2 gr	3 gr	2 gr	0%	0%	1%	4%
Jalapeno Corn	67	0	0	0	0	219 mg	15 gr	1 gr	2 gr	2 gr	0%	3%	0%	8%
Jalapeno Corn w/ Cheese	95	25	2.5 gr	1.5 gr	7 mg	263 mg	13 gr	1 gr	2 gr	3.5 gr	2%	3%	5%	8%
Jalapeno Jack	82	15	2 gr	1 gr	5 mg	184 mg	13 gr	1 gr	2 gr	3 gr	2%	1%	4%	6%
Monterey Herb	66	5	.5 gr	.25 gr	1 mg	111 mg	13 gr	2 gr	2 gr	2 gr	0%	0%	1%	7%
Oatmeal Applesauce	70	0	0	0	0	116 mg	15 gr	1 gr	2 gr	2 gr	0%	0%	2%	8%
Raspberry Swirl	70	0	0	0	0	140 mg	15 gr	1 gr	2 gr	2 gr	0%	2%	0%	4%
Sourdough	63	0	0	0	0	95 mg	13 gr	2 gr	2 gr	2 gr	0%	0%	0%	7%
Sourdough Pesto	85	5	.5 gr	0	0	140 mg	17 gr	1 gr	1 gr	3 gr	0%	1%	2%	7%
Squaw	68	5	.5 gr	0	0	104 mg	14 gr	2 gr	1 gr	2 gr	0%	0%	1%	6%
Sunflower Wheat	67	10	1 gr	0	0	75 mg	13 gr	2 gr	3 gr	2 gr	0%	0%	1%	5%

Seasonal Breads	Calories	Fat Cal	Total Fat	Sat Fat	Cholest	Sodium	Total Carb	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Anadama	65	0	0	0	0	136 mg	14 gr	1 gr	1 gr	2 gr	0%	0%	2%	6%
Bavarian Rye	70	0	0	0	0	92 mg	15 gr	2 gr	3 gr	2 gr	0%	0%	0%	4%
Blueberry Crumble	60	0	0	0	0	105mg	14 gr	1 gr	1 gr	2 gr	0%	0%	1%	4%
Chocolate Bread	84	20	2 gr	1 gr	2 mg	81 mg	15 gr	1 gr	5 gr	2 gr	1%	0%	1%	5%
Ciabatta, plain	58	0	0	0	0	74 mg	12 gr	0	0	2 gr	0%	0%	0%	5%
Ciabatta, sundried tom	67	5	.5 gr	0	1 mg	174 mg	13 gr	1 gr	1 gr	2 gr	1%	0%	1%	7%
Cranberry Orange	76	0	0	0	0	166 mg	16 gr	4 gr	4 gr	2 gr	0%	2%	0%	5%
Foccacia	75	20	2 gr	0	0	108 mg	12 gr	1 gr	1 gr	2 gr	0%	1%	1%	6%
Foccacia w/ Pesto	96	35	4 gr	1 gr	3 mg	121 mg	13 gr	1 gr	1 gr	2 gr	1%	0%	3%	6%
French, artisan	68	0	0	0	0	136 mg	14 gr	1 gr	0	2 gr	0%	0%	0%	6%
Gluten Free	56	10	1 gr	0	0	54 mg	10 gr	1 gr	1 gr	1 gr	0%	0%	0%	2%
Harvest Grain	78	10	1	0	0	74mg	15gr	5gr	4gr	3gr	1%	0%	1%	5%
Holiday Loaf	87	10	1 gr	0	0	130 mg	18 gr	1 gr	4 gr	2 gr	0%	0%	0%	6%
Hot Cross Bun	80	15	2 gr	1 gr	21 mg	63 mg	15 gr	1 gr	3 gr	2.5 gr	2%	0%	1%	8%
Irish Soda Bread	88	60	7 gr	4 gr	28 mg	418 mg	6 gr	0	4 gr	1 gr	8%	0%	9%	2%
July 4th Bread	90	10	1 gr	0	0	130 mg	18 gr	1 gr	5 gr	2 gr	0%	0%	0%	6%

Mardi Gras Bread	89	15	2 gr	1 gr	22 mg	66 mg	16 gr	1 gr	3 gr	2.5gr	2%	0%	1%	9%
Mother's Day Queen Brd.	89	10	1 gr	0	0	130 mg	18 gr	1 gr	4 gr	2 gr	2%	0%	0%	6%
Olive/Kalamata Bread	75	15	1.5	0	0	182 mg	13 gr	1 gr	1 gr	2 gr	0%	0%	1%	5%
Onion Dill	66	0	0	0	0	99 mg	14 gr	1 gr	3 gr	2 gr	0%	0%	1%	5%
Pepper Parmesan	70	5	.5 gr	0	0	133 mg	14 gr	1 gr	1 gr	2 gr	0%	0%	0%	5%
Potato Rosemary	55	0	0	0	0	127 mg	11 gr	1 gr	1 gr	1 gr	0%	0%	0%	4%
Pumpernickle	60	0	0	0	0	55 mg	13 gr	1 gr	1 gr	2 gr	0%	0%	1%	4%
Pumpkin Swirl	74	0	0	0	0	141 mg	16 gr	1 gr	4 gr	2 gr	8%	0%	1%	6%
Sourdough Rye	81	10	1 gr	0	0	95 mg	13 gr	2 gr	2 gr	2.5 gr	0%	0%	0%	7%
Spelt	62	0	0	0	0	80 mg	14 gr	2 gr	2 gr	2 gr	0%	0%	1%	5%
Spinach Mozzarella	85	20	2 gr	1 gr	6 mg	205 mg	16 gr	2 gr	2 gr	4 gr	9%	1%	5%	8%
Tomato Basil	65	0	0	0	0	140 mg	14 gr	2 gr	3 gr	2.5 gr	1%	3%	2%	5%
Marbled rye	71	5	5	0	0	162 mg	15 gr	2 gr	2 gr	2 gr	0%	0%	1%	5%
Low Carb	52	11	1 gr	0	8 mg	101 mg	7 gr	2 gr	2 gr	4.5 gr	0%	0%	0%	4%
Raisin low carb	50	10	1 gr	0	5 mg	100 mg	8 gr	2 gr	3 gr	4.5 gr	0%	0%	0%	5%
Savory low carb	53	10	1 gr	0	5 mg	100 mg	8 gr	2 gr	2 gr	4.5 gr	0%	0%	2%	5%
Sprouted wheat	62	0	0	0	0	90 mg	14 gr	2 gr	4 gr	2 gr	0%	0%	0%	4%
Raisin pumpernickel	60	0	0	0	0	55 mg	13 gr	1 gr	13 gr	2 gr	0%	0%	1%	4%
Blue cheese walnut	75	15	2 gr	0	.5 mg	200 mg	12 gr	1 gr	1 gr	2 gr	1%	0%	2%	4%
Cranberry orange burst	70	10	1 gr	.5 gr	10 mg	75 mg	14 gr	1 gr	4 gr	2 gr	1%	2%	1%	4%
Mardi gras/ Valen sweet dough	87	20	2 gr	1 gr	15 mg	23 mg	15 gr	1 gr	3 gr	2.5 gr	3%	0%	0%	6%
Orange cinnamon burst	80	10	1 gr	.5 gr	2 mg	75 mg	16 gr	1 gr	5 gr	2 gr	1%	2%	1%	6%
Updated hot cross bun	78	10	1 gr	.5 gr	10 mg	75 mg	15 gr	1 gr	2 gr	2 gr	1%	0%	1%	4%
St. Patty's day 4-leaf clover	90	10	1 gr	.5 gr	10 mg	75 mg	18 gr	1 gr	5 gr	2 gr	1%	0%	1%	4%

Misc Items	Calories	Fat Cal	Total Fat	Sat Fat	Cholest	Sodium	Total Carb	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
approximately one 4 oz cookies														
Choc Cookies-84cks/btch	523	240	26 gr	15 gr	218 mg	197 m	66 gr	2 gr	42 gr	9 gr	30%	0%	6%	22%
Oat Cookies-97 cks/btch	435	190	21 gr	11 gr	76 mg	318 mg	59 gr	4 gr	38 gr	6 gr	29%	0%	8%	19%
Brownies w/ nut-30/batch	696	380	42 gr	42 gr	156 mg	525 mg	80 gr	5 gr	60 gr	9 gr	52%	0%	4%	30%
Brownies-30/batch	618	310	34 gr	16 gr	156 mg	525 mg	78 gr	4 gr	60 gr	7 gr	52%	0%	3%	27%
Peanut butter 122cks/btch	503	250	27 gr	12 gr	75 mg	409 mg	58 gr	2 gr	32 gr	10 gr	19%	0%	14%	16%
Granola 2/3 cup	190	90	10 gr	1 gr	0	128 mg	22 gr	3 gr	12 gr	4 gr	24%	1%	8%	24%
Granola Bars, 1 oz serving	135	70	8 gr	2 gr	5 mg	33 mg	14 gr	2 gr	7 gr	4 gr	2%	0%	2%	4%
Mint Brownies 30 batch	844	450	50	2 gr	186 mg	525 mg	102 gr	4 gr	82 gr	8 gr	58%	0%	3%	28%
Berry Bar, 1 oz	101	25	3gr	1.5 gr	20 mg	40 mg	17 gr	0 gr	9 gr	1 gr	3%	2%	2%	4%