



HOLIDAY STORES NUTRITION INFORMATION April 2018

BAKERY

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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STORE BAKED COOKIES (Bakery Case)

Chocolate Chunk	78	350	160	18	9	0	25	260	46	2	19	4	6	0	4	8
Chocolate Chip w/ Chocolate Candies	78	350	150	17	8	0	25	260	47	1	21	4	6	0	4	6
Oatmeal Raisin	78	320	120	13	6	0	25	260	47	2	20	4	6	0	6	10
Reese's Pieces Peanut Butter	78	370	180	20	8	0	25	330	42	2	19	6	4	0	6	6
White Chocolate Macadamia	78	370	170	19	10	0	25	260	44	<1	19	4	4	0	8	6
Snickerdoodle	78	350	140	15	9	0	45	270	47	<1	25	4	15	0	0	0
Sugar	78	340	130	14	7	0	30	340	47	<1	24	4	8	0	0	0
Caramel Apple Oatmeal	78	330	140	16	9	0	10	190	46	2	22	4	10	0	4	8
Oatmeal Cranberry Walnut	78	440	200	22	7	0	20	260	47	2	27	6	6	0	4	6
S'mores	78	300	130	14	7	0	25	210	38	1	24	4	4	0	2	2
Salted Caramel Chocolate	78	350	140	15	8	0	20	360	49	1	32	4	4	0	4	2
Chocolate Chunk Cookie Cup	195	880	410	45	23	0	65	650	115	5	48	10	15	0	10	20

OUTSTATE FRESH MUFFINS (Bakery Case)

Blueberry Muffin	156	540	-	27	6	0	105	470	67	1	37	7	-	-	5	11
Banana Chocolate Chip Muffin	156	640	-	33	10	0	100	460	81	3	49	8	-	-	5	11
Cranberry Orange Struessel Muffin	156	570	-	29	6	0	90	430	69	2	36	8	-	-	6	11
Lemon Poppyseed Muffin	156	560	-	28	6	0	110	490	68	1	36	8	-	-	8	11
Triple Berry Yogurt Muffin	156	490	-	24	5	0	85	420	61	2	33	7	-	-	5	0
Caramel Apple Cinnamon Muffin	156	520	-	24	6	0	90	440	70	2	43	6	-	-	8	0
Salted Caramel Nut Muffin	167	670	-	32	8	0	110	560	85	1	54	8	-	-	9	11

GREATER MPLS/ST. PAUL AREA BAKESHOP BAKERY

Glazed Ring Donut	85	320	150	17	6	0	0	320	38	1	15	4	4	0	15	4
Chocolate Iced Ring Donut	85	320	140	16	5	0	0	290	40	1	18	4	4	0	0	4
Chocolate Iced Long John	110	400	160	18	6	0	0	330	57	2	30	5	4	0	0	4
Raised Glazed Twist	99	370	170	19	7	0	0	360	45	1	18	5	4	0	15	4
Fried Maple Iced Cinnamon Roll	113	410	190	21	8	0	0	340	52	2	25	4	4	0	2	4
Raspberry Filled White Iced Bismark	113	370	170	19	7	0	0	290	49	1	26	4	4	0	0	2
Custard Filled Choc. Iced Bismark	113	380	180	20	7	0	0	310	49	1	25	4	4	0	0	4
Apple Fritter	113	420	230	25	9	0	0	350	46	2	19	5	4	30	15	4
Blueberry Fritter	113	440	220	25	9	0	0	320	51	1	24	4	4	0	15	4
Raspberry Fritter	113	440	220	25	9	0	0	340	51	1	23	4	4	0	15	4
Chocolate Covered Cherry Fritter	113	450	240	26	10	0	0	340	49	2	20	5	4	0	15	8
Cranberry Orange Fritter	113	420	220	25	9	0	0	360	44	1	17	5	4	2	15	4
Old Fashioned Glazed Donut	85	350	180	20	8	0	10	300	42	1	26	3	0	0	15	2
Old Fashioned Choc Iced Donut	96	400	190	21	8	0	10	300	51	1	33	3	0	0	0	2
Old Fashioned Blueberry Donut	85	350	180	20	8	0	10	280	41	1	26	2	0	0	15	0
Old Fashioned Pumpkin Donut	85	340	180	20	8	0	10	270	40	1	25	2	20	0	15	0
Old Fashioned Caramel Apple Donut	85	370	170	19	7	0	10	310	49	1	34	2	0	0	0	0
Old Fashioned Cinnamon Toast Donut	70	330	200	22	11	0	30	260	32	1	19	2	6	0	2	0
Plain Cake Donut	65	240	120	13	5	0	25	360	27	1	10	3	0	0	0	2
Chocolate Iced Cake Donut	93	340	140	15	6	0	30	390	47	1	27	4	0	0	0	4
Double Chocolate Iced Cake Donut	85	310	130	14	5	0	10	370	43	2	25	3	0	0	0	4
Lemon Glazed Cake Donut	107	380	150	17	6	0	25	380	54	1	34	4	0	0	20	2
White Iced w/Sprinkles Cake Donut	93	330	140	16	6	0	30	400	44	1	23	3	0	0	0	2
Red Velvet Cake Donut	93	330	150	16	6	0	15	440	44	1	23	3	0	0	0	4
Cherry Strudel Stick	92	280	90	10	5	0	0	150	44	1	26	3	10	0	20	4
Blueberry Studel Stick	92	300	100	11	5	0	0	150	48	1	20	0	0	0	15	15
Apple Strudel Stick	92	280	90	10	5	0	0	150	44	1	26	3	10	0	20	4

GREATER MPLS/ST. PAUL AREA FRESH MUFFINS (Bakery Case)

Blueberry Muffin	135	460	210	23	4.5	0	80	390	60	1	39	5	0	0	2	2
Banana Chocolate Chip Muffin	160	590	290	32	8	0	95	450	72	2	47	7	2	6	4	6
Wild Berry Muffin	120	440	210	23	6	0	65	370	52	1	28	5	0	0	2	2
Apple Crumb Muffin	150	530	240	27	7	0	90	430	68	1	38	6	4	70	4	4
Cranberry Orange Muffin	150	480	240	26	4.5	0	90	430	58	2	34	6	2	8	4	4
Red Velvet White Chocolate Muffin	141	530	240	27	7	0	95	450	64	0	41	7	2	0	6	4
Lemon Poppyseed Muffin	150	550	280	31	5	0	100	490	63	1	38	7	2	0	8	4
Pumpkin Muffin	150	520	260	28	5	0	95	470	62	1	36	6	35	0	4	4



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Rich's - Outstate																
Glazed Raised Donut	85	370	180	20	9	0	0	310	42	1	15	5	0	0	0	10
Chocolate Iced Raised Donut	85	370	180	20	9	0	0	330	41	1	15	5	0	0	0	10
Chocolate Iced Raised Donut w/Sprinkles	88	380	180	20	9	0	0	330	44	1	16	5	0	0	0	10
White Iced Raised Donut	85	370	180	20	9	0	0	320	42	1	15	5	0	0	0	10
White Iced Raised Donut w/Sprinkles	88	380	180	20	9	0	0	320	45	1	17	5	0	0	0	10
Plain Cake Donut	85	380	210	23	11	0	15	560	39	1	14	4	0	0	0	10
Glazed Cake Donut	99	430	210	23	11	0	15	560	50	1	25	4	0	0	0	10
Chocolate Iced Cake Donut	99	420	210	23	11	0	15	580	50	1	24	4	0	0	0	10
Chocolate Iced Cake Donut w/Sprinkles	102	440	210	23	11	0	15	580	53	1	26	4	0	0	0	10
White Iced Cake Donut	99	430	210	23	11	0	15	570	51	1	25	4	0	0	0	10
White Iced Cake Donut w/Sprinkles	102	440	210	23	11	0	15	570	54	1	27	4	0	0	0	10
Chocolate Iced Bavarian Filled Bismark	99	370	160	18	9	0	0	370	44	1	20	4	0	0	0	8
Chocolate Iced Bavarian Filled Long John	99	360	160	18	9	0	0	370	44	1	19	4	0	0	0	8
Glazed Apple Fritter	137	560	250	28	13	0	0	360	70	2	35	6	0	25	4	15
White Iced Raspberry Cheese Croissant	122	450	180	20	9	0	5	340	63	1	25	6	0	6	20	2
Iced Cinnamon Roll	156	520	110	13	6	0	25	450	90	4	47	9	4	0	8	15