



HOLIDAY STORES NUTRITION INFORMATION January 2019

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
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
Cinnabon	78	370	170	19	10	0	15	210	46	1	30	29	-	-	4	6
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
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 Strussel 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
Pumpkin Muffin	156	600	-	33	7	0	110	490	67	1	36	8	-	-	5	11
Cinnabon Muffin	113	440	220	24	8	0	65	330	51	<1	31	5	8	0	6	8
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	330	180	20	7	0	0	320	36	1	13	4	2	0	15	4
Chocolate Iced Ring Donut	99	390	200	22	8	0	0	350	45	1	19	4	2	0	0	4
Chocolate Iced Long John	99	370	160	18	6	0	0	350	48	1	22	4	2	0	0	6
Raised Glazed Twist	99	360	170	19	7	0	0	390	45	1	16	5	2	0	15	6
Fried Maple Iced Cinnamon Roll	113	410	190	21	8	0	0	360	52	1	25	4	2	0	25	4
Raspberry Filled White Iced Bismark	127	400	170	19	7	0	0	370	54	1	26	4	2	0	15	4
Custard Filled Choc. Iced Bismark	127	410	180	20	7	0	0	380	55	1	28	4	2	0	0	6
Apple Fritter	113	360	140	15	5	0	0	430	50	2	18	5	4	35	15	6
Blueberry Fritter	113	380	140	15	5	0	0	390	56	1	24	5	2	0	15	6
Raspberry Fritter	113	380	140	16	5	0	0	420	55	1	20	5	4	0	20	6
Chocolate Covered Cherry Fritter	113	390	160	18	6	0	0	410	52	2	18	5	4	0	15	10
Cranberry Orange Fritter	113	350	140	15	5	0	0	440	48	1	15	5	4	4	15	6
Old Fashioned Glazed Donut	85	340	170	19	7	0	10	220	43	1	26	2	0	0	20	2
Old Fashioned Choc Iced Donut	85	340	160	18	7	0	10	200	44	1	28	2	0	0	0	2
Old Fashioned Blueberry Donut	85	340	180	19	8	0	10	210	41	1	25	2	0	0	20	2
Old Fashioned Pumpkin Donut	85	330	160	18	7	0	10	190	41	1	26	2	15	0	20	2
Old Fashioned Caramel Apple Donut	85	340	160	18	7	0	10	230	46	1	31	2	0	0	2	0
Old Fashioned Cinnamon Toast Donut	85	400	240	27	13	0	35	260	38	2	22	2	6	0	4	2
Old Fashioned Choc Cherry Drizzled Donut	85	350	180	20	8	0	10	310	41	1	23	3	0	0	20	4
Plain Cake Donut	57	220	130	14	5	0	15	270	22	1	8	3	2	0	0	2
Chocolate Iced Cake Donut	85	320	140	15	6	0	15	300	42	1	25	4	2	0	0	2
Double Chocolate Iced Cake Donut	85	310	140	15	6	0	0	360	42	1	26	3	0	0	2	4
Lemon Glazed Cake Donut	107	380	150	17	6	0	25	380	54	1	30	4	0	0	20	2
White Iced w/Sprinkles Cake Donut	85	310	140	16	6	0	15	300	40	1	23	3	2	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
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