



INGREDIENT & NUTRITION GUIDE

Bakery Display Case

Dear Valued Customer,

We invite you to use this Nutrition Guide for SuperMom's bakery display case items to make informed dietary choices that are right for you. Whether you are monitoring calories, fat, cholesterol, sodium, carbohydrates or protein, you will find what you need in order to make informed selections that fit into your lifestyle.

Nutrient values presented in this guide are based on a computerized program designed to analyze standardized formulas using data we obtain from our suppliers. Product data is reviewed periodically and is current as of 7/14/2016. Product information listed on this guide represents standard menu items only and is subject to change without prior notice.

For questions or comments about SuperMom's products, or for nutrient or ingredient information for our seasonal/feature flavor products, please call SuperMom's at (651) 459-2253 or 1-800-944-7276. *Thank you!*

Baked Goods	Serving Size	Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Total Carb.	Fiber	Sugars	Protein
Cinnamon Roll, Super Cinn-a-Mom's	1 pastry (170g)	560	120	13g	3g	2g	30mg	600mg	101g	3g	57g	9g
Cookie, Iced Brownie	1 cookie (78g)	320	80	9g	3.5g	0g	10mg	190mg	60g	2g	43g	3g
Cookie, Candy	1 cookie (64g)	330	130	15g	5g	3g	25mg	100mg	46g	1g	32g	3g
Cookie, Chocolate Chip	1 cookie (64g)	300	130	15g	5g	3g	15mg	210mg	40g	1g	25g	3g
Cookie, Oatmeal Raisin	1 cookie (57g)	270	120	14g	3.5g	3.5g	15mg	310mg	34g	2g	18g	3g
Cookie, Sprinkle	1 cookie (71g)	340	120	13g	3.5g	3.5g	20mg	320mg	53g	0g	34g	2g
Danish, Cream Cheese	1 pastry (99g)	390	190	21g	8g	4g	35mg	410mg	45g	1g	22g	6g
Danish, Fruit	1 pastry (99g)	370	130	15g	4g	3.5g	15mg	370mg	53g	1g	30g	5g
Muffin, Banana Nut (Walnuts)	1 muffin (156g)	680	330	38g	7g	0g	105mg	560mg	75g	2g	42g	8g
Muffin, Blueberry	1 muffin (156g)	640	310	35g	7g	0g	105mg	560mg	73g	2g	41g	7g
Muffin, Chocolate Chip	1 muffin (156g)	680	330	37g	9g	0g	105mg	550mg	78g	2g	46g	8g
Muffin, Double Chocolate Chip	1 muffin (163g)	690	330	37g	8g	1g	105mg	580mg	83g	4g	52g	9g
Muffin, Turtle Sundae (Pecans)	1 muffin (156g)	720	350	40g	10g	0.5g	90mg	530mg	84g	2g	55g	8g
Strudel, Apple	1 pastry (99g)	360	160	18g	9g	0g	0mg	220mg	45g	1g	17g	4g
Fresh Donuts	Serving Size	Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Total Carb.	Fiber	Sugars	Protein
Apple Fritter	1 donut (92g)	320	130	15g	3.5g	6g	0mg	220mg	44g	2g	20g	4g
Bismarck, Bavarian Crème Filled	1 donut (120g)	400	140	16g	3.5g	6g	0mg	360mg	60g	1g	29g	5g
Bismarck, Jelly Filled	1 donut (120g)	410	140	16g	3.5g	6g	0mg	350mg	63g	1g	31g	5g
Cake Donut, Plain	1 donut (50g)	240	110	13g	3g	4.5g	25mg	300mg	27g	1g	10g	4g
Cake Donut, Chocolate	1 donut (71g)	270	100	12g	3g	4.5g	10mg	390mg	39g	1g	21g	3g
Fried Cinnamon Roll, Maple Iced	1 donut (92g)	350	120	14g	3.5g	5g	0mg	270mg	52g	2g	23g	4g
Long John, Chocolate Filled	1 donut (128g)	490	200	22g	5g	7g	0mg	350mg	70g	2g	39g	5g
Old Fashion Donut, Blueberry Glazed	1 donut (92g)	360	120	14g	3g	4.5g	15mg	350mg	57g	1g	36g	3g
Old Fashion Donut, Chocolate Glazed	1 donut (85g)	330	120	13g	3g	5g	15mg	400mg	50g	1g	29g	4g
Old Fashion Donut, Glazed	1 donut (85g)	340	110	13g	3g	5g	20mg	360mg	52g	1g	30g	4g
Old Fashion Donut, Iced Chocolate	1 donut (92g)	360	120	13g	3g	5g	20mg	360mg	58g	1g	34g	4g
Old Fashion Donut, Plain	1 donut (71g)	270	110	13g	3g	5g	20mg	350mg	35g	1g	13g	4g
Persian, Apple	1 donut (92g)	340	130	15g	3.5g	6g	0mg	270mg	49g	2g	20g	4g
Ring Donut, Chocolate Iced	1 donut (78g)	310	110	13g	3g	5g	0mg	260mg	46g	1g	23g	4g
Ring Donut, Glazed	1 donut (71g)	300	130	14g	3.5g	5g	0mg	290mg	38g	1g	13g	4g
Ring Donut, Sprinkle	1 donut (78g)	330	130	14g	3.5g	5g	0mg	290mg	45g	1g	19g	4g

2,000 calories a day is used for general nutrition advice, but calorie needs vary

CHOCOLATE CHIP COOKIE

INGREDIENTS: LIGHT BROWN SUGAR, BITTERSWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, ARTIFICIAL FLAVOR), BLEACHED WHEAT FLOUR, PARTIALLY HYDROGENATED SOYBEAN & COTTONSEED OIL, ENRICHED WHEAT FLOUR BLEACHED (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMIN MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: MILK, WHOLE EGG, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), NATURAL & ARTIFICIAL FLAVORS DEXTROSE, ETHYL ALCOHOL, CORN OIL, TURMERIC EXTRACT & APO CAROTENAL (COLOR), TOCOPHEROLS, SILICON DIOXIDE (ANTI-CAKING AGENT), ASCORBYL PALMITATE.
CONTAINS: WHEAT, EGG, MILK & SOY.

OATMEAL RAISIN COOKIE

INGREDIENTS: PARTIALLY HYDROGENATED SOYBEAN & COTTONSEED OIL, LIGHT BROWN SUGAR, ROLLED OATS, ENRICHED WHEAT FLOUR BLEACHED (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMIN MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), RAISINS, WATER, CONTAINS 2% OR LESS OF: CINNAMON, MILK, WHOLE EGG, SALT, BAKING SODA, FOOD STARCH-MODIFIED, NATURAL & ARTIFICIAL FLAVORS, DEXTROSE, CORN STARCH, ETHYL ALCOHOL, CORN OIL, TURMERIC EXTRACT & APO CAROTENAL (COLOR), SOY LECITHIN.
CONTAINS: WHEAT, EGG, MILK & SOY.

ICED BROWNIE COOKIE

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BITTERSWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, ARTIFICIAL FLAVORING ADDED), COCOA (PROCESSED WITH ALKALI), PALM OIL, CORN SYRUP SOLIDS, BLEACHED WHEAT FLOUR, WHOLE EGGS, SOYBEAN OIL, CONTAINS 2% OR LESS OF: CORN STARCH, CARAMEL COLOR, PARTIALLY HYDROGENATED SOYBEAN & COTTONSEED OIL, WHEAT FLOUR, SALT, SOY LECITHIN, NONFAT MILK, NATURAL & ARTIFICIAL FLAVORS, PROPYLENE GLYCOL, ALCOHOL, BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONO- & DIGLYCERIDES, WHEY SOLIDS, COCOA BUTTER, CHOCOLATE LIQUOR, DEXTROSE, SODIUM BENZOATE & SODIUM PROPIONATE (PRESERVATIVES), VITAMIN A PALMITATE, BETA-CAROTENE (COLOR), GLYCERIN, MODIFIED CORN STARCH, AGAR-AGAR, COTTONSEED STEARINE FLAKE & TBHQ AS AN ANTIOXIDANT, CITRIC ACID, RED 40, CALCIUM CARBONATE, CALCIUM SULFATE, GUAR GUM, SODIUM HEXAMETAPHOSPHATE, SULFITES.
CONTAINS: WHEAT, EGG, MILK & SOY.

DOUBLE CHOCOLATE CHIP MUFFIN

INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, WATER, WHOLE EGGS, BITTERSWEET CHOCOLATE BAKING CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN, SALT, ARTIFICIAL FLAVORING ADDED), COCOA (PROCESSED WITH ALKALI), MODIFIED CORN STARCH, POWDERED SUGAR (SUGAR, CORN STARCH), CONTAINS 2% OR LESS OF: SALT, NONFAT MILK, PARTIALLY HYDROGENATED SOYBEAN &/OR COTTONSEED &/OR CANOLA OIL (TBHQ & CITRIC ACID ADDED TO PROTECT FLAVOR), PROPYLENE GLYCOL MONO- & DIESTERS OF FATTY ACIDS, WHEAT GLUTEN, MONOCALCIUM PHOSPHATE, BAKING SODA, CELLULOSE GUM, NATURAL & ARTIFICIAL FLAVORS, ETHYL ALCOHOL, DEXTROSE, SOY LECITHIN, HIGH FRUCTOSE CORN SYRUP, CALCIUM CARBONATE, CALCIUM SULFATE, AGAR-AGAR, GUAR GUM, SODIUM HEXAMETAPHOSPHATE, MONO- & DIGLYCERIDES (BHT & CITRIC ACID ADDED AS PRESERVATIVES), POTASSIUM SORBATE & CALCIUM PROPIONATE & SODIUM PROPIONATE (PRESERVATIVES), ACIDIC SODIUM ALUMINUM PHOSPHATE, MALTODEXTRIN, MINERAL OIL, ENZYME, POTATO STARCH.
CONTAINS: WHEAT, EGG, MILK & SOY.

TURTLE SUNDAE MUFFIN

INGREDIENTS: SUGAR, SOYBEAN OIL, ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE EGGS, WATER, CHOCOLATE FLAVORED CONFECTIONERY BAKING CHIPS (SUGAR, PARTIALLY HYDROGENATED PALM KERNEL OIL, COCOA, COCOA (PROCESSED WITH ALKALI), DEXTROSE, SOY LECITHIN), PECANS, CORN SYRUP, MODIFIED CORN STARCH, DEFATTED SOY FLOUR, CONTAINS 2% OR LESS OF: SALT, CARAMEL COLOR, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, DEXTROSE, MONO- & DIGLYCERIDES, NATURAL & ARTIFICIAL FLAVORS, ETHYL ALCOHOL, CORN OIL, PALM OIL, SKIM MILK, SODIUM PROPIONATE & POTASSIUM SORBATE & CALCIUM PROPIONATE (PRESERVATIVES), WHEY, PARTIALLY HYDROGENATED SOYBEAN &/OR PALM OIL, PROPYLENE GLYCOL, POLYSORBATE 60, DEXTROSE, CORN STARCH, MALTODEXTRIN, MINERAL OIL, ENZYME, POTATO STARCH, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, SODIUM STEAROYL LACTYLATE, ACIDIC SODIUM ALUMINUM PHOSPHATE WITH ALUMINIUM SULFATE, BAKING SODA, TURMERIC EXTRACT, TOCOPHEROLS, SILICON DIOXIDE (ANTI-CAKING AGENT), ASCORBYL PALMITATE, APO CAROTENAL, RED 40, SULFITES.
CONTAINS: WHEAT, EGG, MILK, SOY & TREE NUTS (PECANS).

CHOCOLATE GLAZED OLD FASHION DONUT

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, POWDERED SUGAR (SUGAR, CORN STARCH), PARTIALLY HYDROGENATED SOYBEAN OIL (WITH TBHQ & CITRIC ACID ADDED TO PROTECT FLAVOR), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), NONFAT MILK, SOY FLOUR, CONTAINS 2% OR LESS OF: DEXTROSE, WHOLE EGGS, GLYCERIN, SALT, NATURAL & ARTIFICIAL FLAVORS, ETHYL ALCOHOL, CORN STARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, MONO- & DIGLYCERIDES, SOY LECITHIN, AGAR — AGAR, CORN SYRUP SOLIDS, SODIUM PROPIONATE (TO PRESERVE FRESHNESS), HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, WHEY, ENZYMES, HIGH OLEIC CANOLA OIL, CALCIUM CARBONATE, CALCIUM SULFATE, GUAR GUM, SODIUM HEXAMETAPHOSPHATE, SULFITES.
CONTAINS: WHEAT, EGG, MILK & SOY.

GLAZED OLD FASHION DONUT

INGREDIENTS: ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, POWDERED SUGAR (SUGAR, CORN STARCH), PARTIALLY HYDROGENATED SOYBEAN OIL (TBHQ & CITRIC ACID ADDED TO PROTECT FLAVOR), SOYBEAN OIL, DEXTROSE, DRY BUTTERMILK, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: DRY EGG YOLK, SOY FLOUR, WHEAT STARCH, SODIUM ACID PYROPHOSPHATE, BAKING SODA, SALT, SPICE, MONO- & DIGLYCERIDES, PROPYLENE GLYCOL MONO- & DIESTERS OF FATTY ACIDS, SOY LECITHIN, NATURAL & ARTIFICIAL FLAVORS, CORN STARCH, CORN OIL, BETA CAROTENE (COLOR), ALPHA TOCOPHEROLS AS PRESERVATIVE, AZODICARBONAMIDE (DOUGH CONDITIONER), CALCIUM CARBONATE, CALCIUM SULFATE, AGAR-AGAR, GUAR GUM, SODIUM HEXAMETAPHOSPHATE, ETHYL ALCOHOL, GLYCERIN, CORN SYRUP SOLIDS, MODIFIED CORN STARCH, SODIUM PROPIONATE (PRESERVATIVE), SULFITES.
CONTAINS: WHEAT, EGG, MILK & SOY.

ICED CHOCOLATE OLD FASHION DONUT

INGREDIENTS: ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, POWDERED SUGAR (SUGAR, CORN STARCH), PARTIALLY HYDROGENATED SOYBEAN OIL (TBHQ & CITRIC ACID ADDED TO PROTECT FLAVOR), SOYBEAN OIL, DEXTROSE, DRY BUTTERMILK, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: COCOA (PROCESSED WITH ALKALI), WHOLE EGGS, SOY FLOUR, WHEAT STARCH, SODIUM ACID PYROPHOSPHATE, BAKING SODA, SALT, SPICE, MONO- & DIGLYCERIDES, PROPYLENE GLYCOL MONO- & DIESTERS OF FATTY ACIDS, SOY LECITHIN, NATURAL & ARTIFICIAL FLAVORS, CORN STARCH, CORN OIL, BETA CAROTENE (COLOR), ALPHA TOCOPHEROLS AS PRESERVATIVE, AZODICARBONAMIDE (DOUGH CONDITIONER), CALCIUM CARBONATE, CALCIUM SULFATE, AGAR-AGAR, GUAR GUM, SODIUM HEXAMETAPHOSPHATE, HIGH FRUCTOSE CORN SYRUP, ETHYL ALCOHOL, GLYCERIN, CORN SYRUP SOLIDS, MODIFIED CORN STARCH, SODIUM PROPIONATE (PRESERVATIVE).
CONTAINS: WHEAT, EGG, MILK & SOY.

PLAIN OLD FASHION DONUT

INGREDIENTS: ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL (TBHQ & CITRIC ACID ADDED TO PROTECT FLAVOR), SOYBEAN OIL, DEXTROSE, DRY BUTTERMILK, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: DRY EGG YOLK, SOY FLOUR, WHEAT STARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT, SPICE, MONO- & DIGLYCERIDES, PROPYLENE GLYCOL MONO- & DIESTERS OF FATTY ACIDS, SOY LECITHIN, NATURAL & ARTIFICIAL FLAVORS, CORN STARCH, CORN OIL, BETA CAROTENE (COLOR), ALPHA TOCOPHEROLS AS PRESERVATIVE, AZODICARBONAMIDE (DOUGH CONDITIONER).
CONTAINS: WHEAT, EGG, MILK & SOY.

CHOCOLATE ICED RING

INGREDIENTS: YEAST RAISED DONUT (SEE INGREDIENTS ABOVE), CHOCOLATE FLAVORED ICING (POWDERED SUGAR [SUGAR, CORN STARCH], WATER, SUGAR, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF: EGG WHITES, CALCIUM CARBONATE, CALCIUM SULFATE, DEXTROSE, AGAR-AGAR, GUAR GUM, SODIUM HEXAMETAPHOSPHATE, MONOGLYCERIDES, PARTIALLY HYDROGENATED SOYBEAN OIL (TBHQ & CITRIC ACID ADDED TO PROTECT FLAVOR), NATURAL & ARTIFICIAL FLAVOR, ETHYL ALCOHOL, CORN STARCH, SOY LECITHIN, SALT, GLYCERIN, CORN SYRUP SOLIDS, MODIFIED CORN STARCH, SODIUM PROPIONATE [FOR FRESHNESS]).
CONTAINS: WHEAT, EGG, MILK & SOY.

GLAZED RING

INGREDIENTS: YEAST RAISED DONUT (SEE INGREDIENTS ABOVE), GLAZE (POWDERED SUGAR [SUGAR, CORN STARCH], WATER, SUGAR, CONTAINS 2% OR LESS OF: SALT, EGG WHITES, CALCIUM CARBONATE, CALCIUM SULFATE, DEXTROSE, AGAR-AGAR, GUAR GUM, SODIUM HEXAMETAPHOSPHATE, MONOGLYCERIDES, NATURAL & ARTIFICIAL FLAVOR, ETHYL ALCOHOL, CORN STARCH, PARTIALLY HYDROGENATED SOYBEAN OIL (TBHQ & CITRIC ACID ADDED TO PROTECT FLAVOR), GLYCERIN, CORN SYRUP SOLIDS, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, SODIUM PROPIONATE [FOR FRESHNESS], SULFITES).
CONTAINS: WHEAT, EGG, MILK & SOY.

SPRINKLE RING

INGREDIENTS: YEAST RAISED DONUT (SEE INGREDIENTS ABOVE), ICING & SPRINKLES (POWDERED SUGAR [SUGAR, CORN STARCH, WATER, SUGAR, CONTAINS 2% OR LESS OF: SALT, EGG WHITES, CALCIUM CARBONATE, CALCIUM SULFATE, DEXTROSE, AGAR-AGAR, GUAR GUM, SODIUM HEXAMETAPHOSPHATE, MONOGLYCERIDES, GLYCERIN, CORN SYRUP SOLIDS, MODIFIED CORN STARCH, SODIUM PROPIONATE & POTASSIUM SORBATE (TO PRESERVE FRESHNESS), NATURAL & ARTIFICIAL FLAVOR, ETHYL ALCOHOL, PARTIALLY HYDROGENATED SOYBEAN &/OR COTTONSEED OIL (TBHQ & CITRIC ACID ADDED TO PROTECT FLAVOR), CORN STARCH, GLUCOSE, CASSAVA STARCH, HUMECTANT GLYCEROL, TALC (GLAZING AGENT), SOY LECITHIN, GUM ARABIC, PALM KERNEL OIL, DEXTRIN, CONFECTIONER'S GLAZE, CARNAUBA WAX, HIGH FRUCTOSE CORN SYRUP, XANTHAN GUM, SORBITOL, CONTAINS ONE OR MORE OF THE FOLLOWING AS COLOR: YELLOW 5, YELLOW 5 LAKE, YELLOW 6, YELLOW 6 LAKE, RED 3, RED 40, RED 40 LAKE, BLUE 1, BLUE 1 LAKE, COCOA, TITANIUM DIOXIDE, POTASSIUM ALUMINIUM SILICATE.
CONTAINS: WHEAT, EGG, MILK & SOY.

Product data is reviewed periodically and is current as of 7/14/2016. Product information listed on this guide represents standard menu items only and is subject to change without prior notice. **ALLERGENS:** Federal regulations have identified 8 major food allergens, including: milk, eggs, wheat, soy, peanuts, tree nuts, fish, and crustacean shellfish. Due to the nature of a self-service display case that result in factors that are not within our control, cross-contact of allergens may occur. We encourage customers with food sensitivities, allergies, or other special dietary needs or concerns to consult with a physician prior to consuming our products. For questions or comments about SuperMom's products, or for nutrient or ingredient information for our seasonal/feature flavor