



INGREDIENT & NUTRITION GUIDE

bakery display case - baked goods & fresh donuts

Dear Valued Customer,

We invite you to use this Guide for SuperMom's bakery 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 and national nutrient databases. Product data is reviewed periodically and is current as **11/26/2018**. Product information listed on this guide represents standard menu items only and is subject to change without prior notice.

For nutrient or ingredient information for our seasonal/feature flavor products, please call 1-800-944-7276.

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	4.5g	0g	25mg	610mg	102g	3g	57g	9g
Cookie, Iced Brownie	1 cookie (78g)	330*	70	8g	3.5g	0g	5mg	170mg	62g	2g	45g	3g
Cookie, Candy	1 cookie (64g)	330	130	15g	7g	0g	25mg	100mg	46g	1g	32g	3g
Cookie, Chocolate Chip	1 cookie (64g)	300	140	15g	7g	0g	20mg	210mg	40g	1g	25g	3g
Cookie, Oatmeal Raisin	1 cookie (57g)	270	130	14g	6g	0g	20mg	110mg	34g	2g	18g	4g
Cookie, Sprinkle	1 cookie (71g)	340	120	13g	6g	0g	15mg	320mg	53g	0g	35g	2g
Danish, Cream Cheese	1 pastry (99g)	390	190	21g	11g	1g	35mg	490mg	45g	2g	22g	6g
Danish, Fruit	1 pastry (99g)	370	130	15g	7g	0.5g	15mg	440mg	53g	2g	30g	5g
Muffin, Banana Walnut	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, Chocolate	1 muffin (163g)	680	330	37g	9g	0g	105mg	530mg	82g	4g	52g	9g
Muffin, Turtle Sundae (Perans)	1 muffin (156g)	710*	350	40g	10g	0g	85mg	530mg	75g	2g	54g	8g
Strudel, Apple	1 pastry (99g)	360	160	18g	9g	0g	0mg	220mg	45g	1g	16g	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	14g	6g	0g	0mg	230mg	44g	2g	20g	4g
Bismarck, Bavarian Crème	1 donut (120g)	400	140	16g	6g	0g	0mg	360mg	60g	1g	29g	5g
Bismarck, Raspberry	1 donut (120g)	410	140	16g	6g	0g	0mg	360mg	63g	1g	31g	5g
Cake Donut, Chocolate	1 donut (71g)	270	100	12g	5g	0g	10mg	390mg	39g	1g	21g	3g
Cake Donut, Plain	1 donut (50g)	240	110	13g	5g	0g	25mg	300mg	28g	1g	10g	4g
Old Fashion Donut, Blueberry	1 donut (92g)	360	120	14g	5g	0g	15mg	350mg	56g	1g	35g	3g
Old Fashion Donut, Chocolate	1 donut (85g)	330	120	13g	5g	0g	15mg	400mg	50g	1g	29g	4g
Old Fashion Donut, Glazed	1 donut (85g)	340	110	13g	5g	0g	20mg	360mg	52g	1g	30g	4g
Old Fashion Donut, Iced Chocolate	1 donut (92g)	360	120	13g	5g	0g	20mg	360mg	58g	1g	34g	4g
Old Fashion Donut, Plain	1 donut (71g)	270	110	13g	5g	0g	20mg	350mg	35g	1g	13g	4g
Persian, Apple	1 donut (92g)	340	130	15g	6g	0g	0mg	270mg	49g	2g	20g	4g
Persian, Maple	1 donut (92g)	350	120	14g	5g	0g	0mg	270mg	52g	2g	23g	4g
Ring Donut, Chocolate Iced	1 donut (78g)	310	110	13g	6g	0g	0mg	260mg	46g	1g	23g	4g
Ring Donut, Glazed	1 donut (71g)	300	120	14g	6g	0g	0mg	290mg	39g	1g	13g	4g
Ring Donut, Sprinkle	1 donut (78g)	330	130	14g	6g	0g	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: BLEACHED WHEAT FLOUR &/OR ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMIN MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), LIGHT BROWN SUGAR, BITTERSWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, ARTIFICIAL FLAVOR), INTERESTERIFIED SOYBEAN OIL, WHOLE EGGS, CONTAINS 2% OR LESS OF: NATURAL & ARTIFICIAL FLAVORS (DEXTROSE, CORN STARCH, WATER, ETHYL ALCOHOL), SALT, SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, NONFAT MILK.

CONTAINS: WHEAT, EGG, MILK & SOY.

OATMEAL RAISIN COOKIE

INGREDIENTS: LIGHT BROWN SUGAR, INTERESTERIFIED SOYBEAN OIL, ROLLED OATS, BLEACHED WHEAT FLOUR &/OR ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMIN MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), RAISINS, WHOLE EGGS, CONTAINS 2% OR LESS OF: CINNAMON, SOY LECITHIN, MODIFIED FOOD STARCH, NATURAL & ARTIFICIAL FLAVORS (DEXTROSE, CORN STARCH, WATER, ETHYL ALCOHOL), SALT, SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, NONFAT MILK, SUNFLOWER OIL.

CONTAINS: WHEAT, EGG, MILK & SOY.

ICED BROWNIE COOKIE

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), POWDERED SUGAR (SUGAR, CORN STARCH), WATER, PALM & SOYBEAN OIL, BITTERSWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, ARTIFICIAL FLAVOR), CORN SYRUP, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF: CARAMEL COLOR, WHOLE EGGS, BAKING SODA, SODIUM ALUMINUM PHOSPHATE, NONFAT MILK, RED 40, SALT, SOY LECITHIN, CALCIUM CARBONATE, CALCIUM SULFATE, DEXTROSE, AGAR, GUAR GUM, INTERESTERIFIED SOYBEAN OIL, SODIUM HEXAMETAPHOSPHATE, MONOGLYCERIDES, GLYCERINE, MODIFIED CORN STARCH, SODIUM PROPIONATE (PRESERVATIVE), 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, 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 TOPPED WITH PECANS

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR BLEACHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN & PALM OIL, WHOLE EGGS, WATER, CHOCOLATE FLAVORED BAKING CHIPS (SUGAR, HYDROGENATED PALM KERNEL OIL, COCOA, COCOA (PROCESSED WITH ALKALI), DEXTROSE, SOY LECITHIN), PECANS, MODIFIED FOOD STARCH, DEFATTED SOY FLOUR, CONTAINS 2% OR LESS OF: PROPYLENE GLYCOL ESTERS, MONO- & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, POTASSIUM SORBATE & CALCIUM PROPIONATE & SODIUM PROPIONATE (PRESERVATIVES), SALT, SODIUM ALUMINUM PHOSPHATE, BAKING SODA, WHEY, CORN SYRUP, LIQUID SUGAR, SKIM MILK, BUTTER, SOY LECITHIN, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, CITRIC ACID, POLYSORBATE 60, NATURAL & ARTIFICIAL FLAVORS (ETHYL ALCOHOL), RED 40, MALTODEXTRIN, MINERAL OIL, ENZYMES, POTATO STARCH, 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), INTERESTERIFIED SOYBEAN &/OR PALM &/OR CANOLA OIL WITH TBHQ (ANTIOXIDANT), 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), INTERESTERIFIED SOYBEAN &/OR PALM &/OR CANOLA OIL WITH TBHQ (ANTIOXIDANT), 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), INTERESTERIFIED SOYBEAN &/OR PALM &/OR CANOLA OIL WITH TBHQ (ANTIOXIDANT), 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, INTERESTERIFIED SOYBEAN &/OR PALM &/OR CANOLA OIL WITH TBHQ (ANTIOXIDANT), 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.

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, 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 ALUMINUM SILICATE.

CONTAINS: WHEAT, EGG, MILK & SOY.

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.