

Posh Bakery
Nutrition Label
Croissant, Plain Butter, Mini

Nutrition Facts	
1 serving per container	
Serving size	28 g (1 oz)
Amount per serving	
Calories	150
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 5g	26%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 150mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 16.8mcg	80%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 40mg	0%
Vitamin A 250mcg	30%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, EGGS, WATER

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery
Nutrition Label
Croissant, Plain Butter, Small

Nutrition Facts	
1 serving per container	
Serving size	57 g (2 oz)
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 9g	47%
<i>Trans</i> Fat 0.5g	
Cholesterol 40mg	14%
Sodium 270mg	12%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	3%
Total Sugars 4g	
Includes 0g Added Sugars	
Protein 5g	
Vitamin D 30.2mcg	150%
Calcium 40mg	4%
Iron 0.1mg	0%
Potassium 80mg	2%
Vitamin A 450mcg	50%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, EGGS, WATER

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery
Nutrition Label
Croissant, Plain Butter, Standard

Nutrition Facts	
1 serving per container	
Serving size	113 g (4 oz)
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Amount per serving	
Calories	520
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	% Daily Value *
Total Fat 27g	35%
Saturated Fat 18g	89%
<i>Trans</i> Fat 1g	
Cholesterol 80mg	26%
Sodium 520mg	23%
Total Carbohydrate 55g	20%
Dietary Fiber 2g	6%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 9g	
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Vitamin D 57.8mcg	290%
Calcium 70mg	6%
Iron 0.2mg	0%
Potassium 150mg	4%
Vitamin A 870mcg	100%
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, EGGS, WATER

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery Nutrition Label Croissant, Almond Small Posh

Nutrition Facts	
1 Croissant servings per container	
Serving size	43 g (1.5 oz)
Amount per serving	
Calories	200
% Daily Value *	
Total Fat 11g	14%
Saturated Fat 7g	33%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	9%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	3%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 20.6mcg	100%
Calcium 30mg	2%
Iron 0.1mg	0%
Potassium 60mg	2%
Vitamin A 310mcg	35%
<p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</p>	
<p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p>	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, NATURAL ALMONDS, ALMOND PASTE (ALMONDS, SUGAR, WATER, POTASSIUM SORBATE [PRESERVATIVE], NATURAL AND ARTIFICIAL FLAVOR), EGGS, POWDERED SUGAR (SUGAR, CORNSTARCH), UNSWEETENED CHOCOLATE ((NATURAL COCOA, VEGETABLE SHORTENING (SOYBEAN OIL, VEGETABLE MONO AND DIGLYCERIDES, TOCOPHEROLS AND PALMITATE [AS ANTIOXIDANTS])), EMULSIFIERS (SOY LECITHIN, WATER, POLYGLYCEROL ESTERS, DIACETYL TARTARIC ACID ESTERS OF MONO AND DIGLYCERIDES), COCOA (PROCESSED WITH ALKALI), SUGAR, SALT, CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS), WATER, NATURAL ALMOND EMULSION, SPICES, UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE RIBOFLAVIN

Posh Bakery Nutrition Label Croissant, Almond, Mini Posh

Nutrition Facts	
1 Croissant servings per container	
Serving size	85 g (3 oz)
Amount per serving	
Calories	410
% Daily Value *	
Total Fat 24g	31%
Saturated Fat 12g	62%
<i>Trans</i> Fat 0.5g	
Cholesterol 60mg	20%
Sodium 290mg	13%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	8%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 33.7mcg	170%
Calcium 70mg	6%
Iron 0.6mg	4%
Potassium 130mg	2%
Vitamin A 570mcg	60%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, ALMOND PASTE (ALMONDS, SUGAR, WATER, POTASSIUM SORBATE [PRESERVATIVE], NATURAL AND ARTIFICIAL FLAVOR), NATURAL ALMONDS, EGGS, UNSWEETENED CHOCOLATE ((NATURAL COCOA, VEGETABLE SHORTENING (SOYBEAN OIL, VEGETABLE MONO AND DIGLYCERIDES, TOCOPHEROLS AND PALMITATE [AS ANTIOXIDANTS])), EMULSIFIERS (SOY LECITHIN, WATER, POLYGLYCEROL ESTERS, DIACETYL TARTARIC ACID ESTERS OF MONO AND DIGLYCERIDES), COCOA (PROCESSED WITH ALKALI), SUGAR, SALT, CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS), NATURAL ALMOND EMULSION, SPICES, POWDERED SUGAR (SUGAR, CORNSTARCH), WATER, UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON THIAMINE MONONITRATE

Posh Bakery Nutrition Label Croissant, Almond, Standard

Nutrition Facts	
1 Croissant servings per container	
Serving size	128 g (4.5 oz)
Amount per serving	
Calories	600
% Daily Value *	
Total Fat 33g	42%
Saturated Fat 19g	97%
<i>Trans</i> Fat 1g	
Cholesterol 90mg	30%
Sodium 520mg	22%
Total Carbohydrate 60g	22%
Dietary Fiber 2g	9%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 58.5mcg	290%
Calcium 90mg	6%
Iron 0.5mg	2%
Potassium 170mg	4%
Vitamin A 930mcg	100%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, ALMOND PASTE (ALMONDS, SUGAR, WATER, POTASSIUM SORBATE [PRESERVATIVE], NATURAL AND ARTIFICIAL FLAVOR), NATURAL ALMONDS, EGGS, UNSWEETENED CHOCOLATE ((NATURAL COCOA, VEGETABLE SHORTENING (SOYBEAN OIL, VEGETABLE MONO AND DIGLYCERIDES, TOCOPHEROLS AND PALMITATE [AS ANTIOXIDANTS])), EMULSIFIERS (SOY LECITHIN, WATER, POLYGLYCEROL ESTERS, DIACETYL TARTARIC ACID ESTERS OF MONO AND DIGLYCERIDES), COCOA (PROCESSED WITH ALKALI), SUGAR, SALT, CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS), NATURAL ALMOND EMULSION, SPICES, POWDERED SUGAR (SUGAR, CORNSTARCH), WATER, UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON THIAMINE MONONITRATE

Posh Bakery
Nutrition Label
Croissant, Cheese , Posh, Mini

Nutrition Facts	
1 serving per container	
Serving size	43 g (1.5 oz)
Amount per serving	
Calories	210
	% Daily Value *
Total Fat 12g	16%
Saturated Fat 8g	40%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 200mg	9%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	2%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 17.7mcg	90%
Calcium 30mg	2%
Iron 0.1mg	0%
Potassium 60mg	2%
Vitamin A 400mcg	45%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS]), POWDERED SUGAR (SUGAR, CORNSTARCH), EGGS, WATER

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery
Nutrition Label
Croissant, Cheese, Posh, Small

Nutrition Facts	
1 serving per container	
Serving size	85 g (3 oz)
Amount per serving	
Calories	390
	% Daily Value *
Total Fat 22g	28%
Saturated Fat 14g	71%
<i>Trans</i> Fat 1g	
Cholesterol 60mg	20%
Sodium 380mg	16%
Total Carbohydrate 40g	15%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes <1g Added Sugars	2%
Protein 7g	
Vitamin D 37.1mcg	190%
Calcium 60mg	4%
Iron 0.2mg	0%
Potassium 110mg	2%
Vitamin A 710mcg	80%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS]), POWDERED SUGAR (SUGAR, CORNSTARCH), EGGS, WATER

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery
Nutrition Label
Croissant, Cheese, Posh, Standard

Nutrition Facts	
1 serving per container	
Serving size	142 g (5 oz)
Amount per serving	
Calories	650
% Daily Value *	
Total Fat 35g	45%
Saturated Fat 23g	116%
<i>Trans</i> Fat 1.5g	
Cholesterol 100mg	33%
Sodium 630mg	27%
Total Carbohydrate 66g	24%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes <1g Added Sugars	2%
Protein 11g	
Vitamin D 63.6mcg	320%
Calcium 100mg	8%
Iron 0.3mg	2%
Potassium 190mg	4%
Vitamin A 1150mcg	130%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS]), POWDERED SUGAR (SUGAR, CORNSTARCH), EGGS, WATER

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery
Nutrition Label
Croissant, Chocolate, Posh, Mini

Nutrition Facts	
1 Croissant servings per container	
Serving size	43 g (1.5 oz)
Amount per serving	
Calories	250
% Daily Value *	
Total Fat 12g	16%
Saturated Fat 7g	36%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 150mg	7%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	5%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 15.6mcg	80%
Calcium 20mg	2%
Iron 0.9mg	6%
Potassium 40mg	0%
Vitamin A 230mcg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, SEMISWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, MILK FAT (BUTTER)) AND SOYA LECITHIN), CHOCOLATE ICING (LIQUID SUGAR, CORN SYRUP, SUGAR, COCOA, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, SOYBEAN OIL, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOY LECITHIN, SORBIC ACID, ARTIFICIAL FLAVOR), EGGS, WATER
CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Croissant, Chocolate, Posh, Small

Nutrition Facts	
1 Croissant servings per container	
Serving size	85 g (3 oz)
Amount per serving	
Calories	440
% Daily Value *	
Total Fat 22g	29%
Saturated Fat 14g	69%
<i>Trans</i> Fat 0.5g	
Cholesterol 50mg	16%
Sodium 340mg	15%
Total Carbohydrate 53g	19%
Dietary Fiber 2g	7%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 36mcg	180%
Calcium 50mg	4%
Iron 1.1mg	6%
Potassium 90mg	2%
Vitamin A 540mcg	60%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, SEMISWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, MILK FAT (BUTTER)) AND SOYA LECITHIN), CHOCOLATE ICING (LIQUID SUGAR, CORN SYRUP, SUGAR, COCOA, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, SOYBEAN OIL, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOY LECITHIN, SORBIC ACID, ARTIFICIAL FLAVOR), EGGS, WATER

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Croissant, Chocolate, Posh, Standard

Nutrition Facts	
1 Croissant servings per container	
Serving size	142 g (5 oz)
Amount per serving	
Calories	730
% Daily Value *	
Total Fat 38g	49%
Saturated Fat 24g	119%
<i>Trans</i> Fat 1g	
Cholesterol 85mg	28%
Sodium 580mg	25%
Total Carbohydrate 85g	31%
Dietary Fiber 3g	12%
Total Sugars 31g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 62.4mcg	310%
Calcium 80mg	6%
Iron 1.8mg	10%
Potassium 160mg	4%
Vitamin A 940mcg	100%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, SEMISWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, MILK FAT (BUTTER)) AND SOYA LECITHIN), CHOCOLATE ICING (LIQUID SUGAR, CORN SYRUP, SUGAR, COCOA, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, SOYBEAN OIL, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOY LECITHIN, SORBIC ACID, ARTIFICIAL FLAVOR), EGGS, WATER
CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Croissant, Ham And Swiss Cheese

Nutrition Facts	
1 serving per container	
Serving size	198 g (7 oz)
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Amount per serving	
Calories	570
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	% Daily Value *
Total Fat 23g	29%
Saturated Fat 12g	59%
<i>Trans</i> Fat 2g	
Cholesterol 55mg	19%
Sodium 1020mg	44%
Total Carbohydrate 69g	25%
Dietary Fiber 3g	9%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 19g	
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Vitamin D 29.6mcg	150%
Calcium 170mg	15%
Iron 0.6mg	4%
Potassium 210mg	4%
Vitamin A 570mcg	60%
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
•	• Protein 4

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HAM, SLICED, REGULAR (APPROXIMATELY 11% FAT), PURE CANE SUGAR, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), MARGARINE (PALM OIL, WATER, SOYBEAN OIL, SALT, MONO- AND DIGLYCERIDES, COLORED WITH ANNATTO. CALCIUM DISODIUM EDTA ADDED AS A PRESERVATIVE, ARTIFICIAL BUTTER FLAVOR. VITAMIN A PALMITATE ADDED), SWISS CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES; AGED OVER 60 DAYS), YEAST, DOUGH CONDITIONER (WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO-GLYCERIDES [DATEM] AND 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, ENZYMES, ASCORBIC ACID, L-CYSTEINE HYDROCHLORIDE, AZODICARBONAMIDE [ADA]), MALT (MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE), SALT, EGGS, CALCIUM PROPIONATE

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery
Nutrition Label
Croissant, Spinach Feta - Posh

Nutrition Facts	
1 serving per container	
Serving size	99 g (3.5 oz)
Amount per serving	
Calories	280
	% Daily Value *
Total Fat 11g	14%
Saturated Fat 6g	32%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 390mg	17%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	5%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 15.4mcg	80%
Calcium 100mg	8%
Iron 0.4mg	2%
Potassium 90mg	2%
Vitamin A 380mcg	40%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEESE, FETA, SPINACH, FROZEN, CHOPPED OR LEAF, UNPREPARED, PURE CANE SUGAR, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), MARGARINE (PALM OIL, WATER, SOYBEAN OIL, SALT, MONO- AND DIGLYCERIDES, COLORED WITH ANNATTO. CALCIUM DISODIUM EDTA ADDED AS A PRESERVATIVE, ARTIFICIAL BUTTER FLAVOR. VITAMIN A PALMITATE ADDED), YEAST, DOUGH CONDITIONER (WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO-GLYCERIDES [DATEM] AND 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, ENZYMES, ASCORBIC ACID, L-CYSTEINE HYDROCHLORIDE, AZODICARBONAMIDE [ADA]), MALT (MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE), SALT, EGGS, CALCIUM PROPIONATE

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery Nutrition Label Croissant, Turkey And Swiss Cheese

Nutrition Facts	
1 serving per container	
Serving size	198 g (7 oz)
<hr/>	
Amount per serving	
Calories	550
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	% Daily Value *
Total Fat 21g	27%
Saturated Fat 11g	54%
<i>Trans</i> Fat 2g	
Cholesterol 55mg	18%
Sodium 930mg	41%
Total Carbohydrate 68g	25%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 19g	
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Vitamin D 29.5mcg	150%
Calcium 160mg	10%
Iron 0.4mg	2%
Potassium 260mg	6%
Vitamin A 570mcg	60%
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
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Calories per gram:	
Fat 9	Carbohydrate 4
•	• Protein 4

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, TURKEY BREAST, PURE CANE SUGAR, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), MARGARINE (PALM OIL, WATER, SOYBEAN OIL, SALT, MONO- AND DIGLYCERIDES, COLORED WITH ANNATTO. CALCIUM DISODIUM EDTA ADDED AS A PRESERVATIVE, ARTIFICIAL BUTTER FLAVOR. VITAMIN A PALMITATE ADDED), SWISS CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES; AGED OVER 60 DAYS), YEAST, DOUGH CONDITIONER (WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO-GLYCERIDES [DATEM] AND 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, ENZYMES, ASCORBIC ACID, L-CYSTEINE HYDROCHLORIDE, AZODICARBONAMIDE [ADA]), MALT (MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE), SALT, SESAME SEEDS, EGGS, CALCIUM PROPIONATE

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery
Nutrition Label
Croissant, Wheat Plain, Standard

Nutrition Facts	
1 serving per container	
Serving size	113 g (4 oz)
<hr/>	
Amount per serving	
Calories	510
<hr/>	
	% Daily Value *
Total Fat 21g	27%
Saturated Fat 14g	68%
<i>Trans</i> Fat 1g	
Cholesterol 60mg	19%
Sodium 640mg	28%
Total Carbohydrate 71g	26%
Dietary Fiber 4g	16%
Total Sugars 10g	
Includes 8g Added Sugars	16%
Protein 11g	
<hr/>	
Vitamin D 47.7mcg	240%
Calcium 20mg	2%
Iron 3.1mg	15%
Potassium 180mg	4%
Vitamin A 650mcg	70%
<hr/>	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
<hr/>	
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), WHOLE WHEAT FLOUR, SUGAR, MILK, YEAST, SALT, EGGS, WATER

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery
Nutrition Label
Croissant, Wheat Plain, Small

Nutrition Facts	
1 serving per container	
Serving size	57 g (2 oz)
Amount per serving	
Calories	270
	% Daily Value *
Total Fat 11g	14%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 340mg	15%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	8%
Total Sugars 5g	
Includes 4g Added Sugars	9%
Protein 6g	
Vitamin D 24.9mcg	120%
Calcium 10mg	0%
Iron 1.6mg	8%
Potassium 100mg	2%
Vitamin A 340mcg	40%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), WHOLE WHEAT FLOUR, SUGAR, MILK, YEAST, SALT, EGGS, WATER

CONTAINS: EGGS, MILK, WHEAT