# Posh Bakery Nutrition Label Croissant, Plain Butter, Mini

Nutrition F	a	cts
1 serving per container <b>Serving size</b>	28	g (1 oz)
Amount per serving Calories	I	150
0	% Dai	ly Value *
Total Fat 8g		10%
Saturated Fat 5g		<b>26</b> %
Trans 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 Omg		0%
Potassium 40mg		0%
Vitamin A 250mcg		30%
<ul> <li>The % Daily Value (DV) tells you nutrient in a serving of food contri daily diet. 2,000 calories a day is general nutrition advice.</li> </ul>	butes	luch a to a
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

## Posh Bakery Nutrition Label Croissant, Plain Butter, Small

<b>Nutrition Fa</b>	cts
1 serving per containerServing size57	g (2 oz)
Amount per serving Calories	270
% Da	ily Value *
Total Fat 14g	18%
Saturated Fat 9g	<b>47</b> %
Trans Fat 0.5g	
Cholesterol 40mg	14%
Sodium 270mg	12%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	3%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 30.2mcg	150%
Calcium 40mg	4%
Iron 0.1mg	4 % 0%
Potassium 80mg	2%
Vitamin A 450mcg	50%
<ul> <li>The % Daily Value (DV) tells you how r nutrient in a serving of food contributes daily diet. 2,000 calories a day is used general nutrition advice.</li> </ul>	much a s to a
Calories per gram: Fat 9 • Carbohydrate 4 • INGREDIENTS: UNBLEACHED ENI	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

### Posh Bakery Nutrition Label Croissant, Plain Butter, Standard

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

# Posh Bakery Nutrition Label Croissant, Almond Small Posh

1 Croissant servings per c <b>Serving size</b>	43 g (1.5 oz
Amount per serving Calories	200
	% Daily Value
Total Fat 11g	14%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 30mg	<b>9</b> %
Sodium 180mg	<b>8</b> %
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	29
Iron 0.1mg	0%
Potassium 60mg	29
Vitamin A 310mcg	35%
<ul> <li>The % Daily Value (DV) tells you he nutrient in a serving of food contribi diet. 2,000 calories a day is used for nutrition advice.</li> </ul>	ow much a utes to a daily
Calories per gram: Fat 9 • Carbohydrate 4	Protein 4

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 RIBOFI AVIN

# Posh Bakery Nutrition Label Croissant, Almond, Mini Posh

1 Croissant servings per co Serving size	85 g (3 oz)
Amount per serving Calories	410
%	6 Daily Value
Total Fat 24g	31%
Saturated Fat 12g	<b>62</b> %
Trans 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%
* The % Daily Value (DV) tells you how nutrient in a serving of food contribut diet. 2,000 calories a day is used for nutrition advice.	es to a daily
Calories per gram: Fat 9 • Carbohydrate 4	Protein 4

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, CÒRN 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

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

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, CÒRN 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

1 serving per containe Serving size		(1.5 oz)
Amount per serving Calories		210
	% Da	ily Value *
Total Fat 12g		<b>16</b> %
Saturated Fat 8g		<b>40</b> %
<i>Trans</i> Fat 0g		
Cholesterol 35mg		<b>12</b> %
Sodium 200mg		<b>9</b> %
Total Carbohydrate 21g		8%
Dietary Fiber 1g		2%
Total Sugars 7g		
Includes 0g Added Sug	ars	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 nutrient in a serving of food of daily diet. 2,000 calories a da general nutrition advice.	ontributes	s to a
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

# Posh Bakery Nutrition Label Croissant, Cheese, Posh, Small

Nutrition I	Fa	cts
1 serving per container		
Serving size	85	g (3 oz)
Amount per serving		
Calories		<u>390</u>
	% Da	ily Value *
Total Fat 22g		28%
Saturated Fat 14g		71%
<i>Trans</i> Fat 1g		
Cholesterol 60mg		<b>20</b> %
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%
<ul> <li>The % Daily Value (DV) tells you h nutrient in a serving of food contrib diet. 2,000 calories a day is used for nutrition advice.</li> </ul>	outes to	a daily
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

#### Posh Bakery Nutrition Label Croissant, Cheese, Posh, Standard

Nutritio	n Facts
1 serving per contair <b>Serving size</b>	ner 142 g (5 oz)
	··· 9 (0 02)
Amount per serving	050
Calories	650
	% Daily Value *
Total Fat 35g	45%
Saturated Fat 23g	116%
Trans Fat 1.5g	
Cholesterol 100mg	33%
Sodium 630mg	27%
Total Carbohydrate 66g	24%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes <1g Added S	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) tell nutrient in a serving of food diet. 2,000 calories a day is nutrition advice.	l contributes to a daily
Calories per gram: Fat 9 • Carbohydra	ate 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

## Posh Bakery Nutrition Label Croissant, Chocolate, Posh, Mini

1 Croissant ser Serving size	vings per		ainer <b>g (1.5 oz</b> )
Amount per servi Calories	ng		250
		% D	aily Value
Total Fat 12g			16%
Saturated Fat 7g			36%
<i>Trans</i> Fat 0g			
Cholesterol 25mg			8%
Sodium 150mg			7%
Total Carbohydra	<b>te</b> 31g		11%
Dietary Fiber 1g			5%
Total Sugars 16g	l		
Includes 0g Ac	lded Sugars		0%
Protein 3g			
Vitamin D 15.6mcg	l		80%
Calcium 20mg			2%
Iron 0.9mg			6%
Potassium 40mg			0%
Vitamin A 230mcg			25%
* The % Daily Value nutrient in a serving diet. 2,000 calories nutrition advice.	g of food conti	ributes t	to a daily
Calories per gram: Fat 9 • Ca	arbohydrate 4		Protein 4

INGREDIENTS: UNBLACHED 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

## Posh Bakery Nutrition Label Croissant, Chocolate, Posh, Small

1 Croissant servings per Serving size		5 g (3 oz)
Amount per serving Calories		440
	% C	aily 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%
<ul> <li>The % Daily Value (DV) tells you nutrient in a serving of food contr diet. 2,000 calories a day is used nutrition advice.</li> </ul>	ibutes	to a daily
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

#### Posh Bakery Nutrition Label Croissant, Chocolate, Posh, Standard

Nutrition F	-acts
1 Croissant servings per c Serving size	container 142 g (5 oz)
Amount per serving Calories	730
	% Daily Value '
Total Fat 38g	49%
Saturated Fat 24g	119%
Trans 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 had nutrient in a serving of food contribination diet. 2,000 calories a day is used for nutrition advice.	utes to a daily
Calories per gram: Fat 9 • Carbohydrate 4	Protein 4

FLOUR (WHEAT FLOUR, MALTED BARLE) FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, YEAST, SALT, SEMIŚWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, MILK FAT (BUTTER)) AND SOYA LECITHIN), CHOCOLÁTE 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

### Posh Bakery Nutrition Label Croissant, Ham And Swiss Cheese

Nutrition	Facts
1 serving per container	
Serving size	198 g (7 oz)
Amount per serving	
Calories	<u> </u>
	% Daily Value *
Total Fat 23g	<b>29</b> %
Saturated Fat 12g	59%
Trans Fat 2g	
Cholesterol 55mg	19%
Sodium 1020mg	44%
Total Carbohydrate 69g	25%
Dietary Fiber 3g	<b>9</b> %
Total Sugars 11g	
Includes 0g Added Suga	nrs 0%
Protein 19g	
Vitamin D 29.6mcg	150%
Calcium 170mg	15%
Iron 0.6mg	4%
Potassium 210mg	4%
Vitamin A 570mcg	60%
* The % Daily Value (DV) tells ye nutrient in a serving of food co daily diet. 2,000 calories a day general nutrition advice.	ntributes to a
Calories per gram: Fat 9 • Carbohydrate 4	Protein 4
INGREDIENTS: UNBLEACH FLOUR (WHEAT FLOUR, MA FLOUR, NIACIN, REDUCED MONONITRATE, RIBOFLAVI WATER, HAM, SLICED, REG (APPROXIMATELY 11% FAT SUGAR, BUTTER (PASTEUF [MILK], NATURAL FLAVORS (PALM OIL, WATER, SOYBE	ALTED BARLEY IRON, THIAMINE IN, FOLIC ACID), GULAR ), PURE CANE RIZED CREAM ), MARGARINE

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

## 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	<b>17</b> %
Total Carbohydrate 36g	13%
Dietary Fiber 1g	5%
Total Sugars 6g	
Includes 0g Added Sugar	rs 0%
Protein 7g	
Vitamin D 15.4mcg	80%
Calcium 100mg	8%
Iron 0.4mg	2%
Potassium 90mg	2%
Vitamin A 380mcg	40%
<ul> <li>The % Daily Value (DV) tells yo nutrient in a serving of food cor daily diet. 2,000 calories a day general nutrition advice.</li> <li>Calories per gram: Est 0</li> </ul>	ntributes to a is used for
Fat 9 Carbohydrate 4 INGREDIENTS: UNBLEACHE FLOUR (WHEAT FLOUR, MA FLOUR, NIACIN, REDUCED MONONITRATE, RIBOFLAVII WATER, CHEESE, FETA, SP FROZEN, CHOPPED OR LEA	LTED BARLEY IRON, THIAMINE N, FOLIC ACID), INACH,

FROZEN, CHOPPED OR LEAF UNPREPARED, PURE CANE SUGAR, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), MARGARINE (PALM OIL, WATER, SOYBÉAN 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

#### Posh Bakery Nutrition Label Croissant, Turkey And Swiss Cheese

Nutrition	Facts
1 serving per container Serving size	198 g (7 oz)
Amount per serving Calories	550
	% Daily Value *
Total Fat 21g	<b>27</b> %
Saturated Fat 11g	<b>54</b> %
Trans Fat 2g	
Cholesterol 55mg	<b>18</b> %
Sodium 930mg	<b>41</b> %
Total Carbohydrate 68g	<b>25</b> %
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugar	rs 0%
Protein 19g	
Vitamin D 29.5mcg	150%
Calcium 160mg	10%
Iron 0.4mg	2%
Potassium 260mg	6%
Vitamin A 570mcg	60%
* The % Daily Value (DV) tells yo nutrient in a serving of food con daily diet. 2,000 calories a day i general nutrition advice.	tributes to a
Calories per gram: Fat 9 • Carbohydrate 4	Protein 4
INGREDIENTS: UNBLEACHE FLOUR (WHEAT FLOUR, MA FLOUR, NIACIN, REDUCED I MONONITRATE, RIBOFLAVII WATER, TURKEY BREAST, F SUGAR, BUTTER (PASTEUR [MILK], NATURAL FLAVORS)	LTED BARLEY IRON, THIAMINE N, FOLIC ACID), PURE CANE RIZED CREAM

(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

## Posh Bakery Nutrition Label Croissant, Wheat Plain, Standard

<b>Nutrition</b> F	acts
1 serving per container Serving size	113 g (4 oz)
Amount per serving Calories	510
0/	6 Daily Value *
Total Fat 21g	<b>27</b> %
Saturated Fat 14g	68%
Trans Fat 1g	
Cholesterol 60mg	19%
Sodium 640mg	<b>28</b> %
Total Carbohydrate 71g	<b>26</b> %
Dietary Fiber 4g	16%
Total Sugars 10g	
Includes 8g Added Sugars	<b>16</b> %
Protein 11g	
Vitamin D 47.7mcg	240%
Calcium 20mg	2%
Iron 3.1mg	15%
Potassium 180mg	4%
Vitamin A 650mcg	70%
<ul> <li>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.</li> </ul>	
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

## Posh Bakery Nutrition Label Croissant, Wheat Plain, Small

<b>Nutrition Fa</b>	acts	
1 serving per containerServing size5	7 g (2 oz)	
Amount per serving Calories	270	
% D	aily 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	<b>8</b> %	
Total Sugars 5g		
Includes 4g Added Sugars	<b>9</b> %	
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