

# Posh Bakery Nutrition Label Apple Fritter, Large

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;"><b>Serving size</b> 213 g (7.5 oz)</p> <hr/> <p style="margin: 0;"><b>Calories 720</b> per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<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>
	Total Fat 23g	29%	Total Carbohydrate 119g	43%	
	Saturated Fat 8g	42%	Dietary Fiber 4g	13%	
	<i>Trans</i> Fat 0g		Total Sugars 58g		
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%	
	Sodium 810mg	35%	Protein 9g		
	Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 4.4mg 25% Potassium 190mg 4% • Vitamin A 520mcg 60%				

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, ICING (SUGAR, CORN SYRUP, WATER CONTAINS 2% OR LESS OF THE FOLLOWING: TITANIUM DIOXIDE (COLOR), POTASSIUM SORBATE [PRESERVATIVE], AGAR AGAR, SORBITAN MONOSTERATE, ARTIFICIAL FLAVOR, CITRIC ACID), APPLES (ASCORBIC ACID, CITRIC ACID), PALM OIL, SPICES

CONTAINS: EGGS, MILK, SOY, WHEAT

# Posh Bakery Nutrition Label Apple Fritter, Small

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;"><b>Serving size</b> <b>113 g (4 oz)</b></p> <hr/> <p style="margin: 0;"><b>Calories 380</b> <b>per serving</b></p>	<b>Amount per serving</b>	<b>% Daily Value *</b>	<b>Amount per serving</b>	<b>% Daily Value *</b>	<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>
	<b>Total Fat</b> 12g	<b>16%</b>	<b>Total Carbohydrate</b> 62g	<b>23%</b>	
	Saturated Fat 4.5g	<b>22%</b>	Dietary Fiber 2g	<b>7%</b>	
	<i>Trans</i> Fat 0g	<b>0%</b>	Total Sugars 28g	<b>0%</b>	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>		
<b>Sodium</b> 450mg	<b>20%</b>	<b>Protein</b> 5g			
Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2.4mg 15%		Potassium 100mg 2% • Vitamin A 290mcg 30%			

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, ICING (SUGAR, CORN SYRUP, WATER CONTAINS 2% OR LESS OF THE FOLLOWING: TITANIUM DIOXIDE (COLOR), POTASSIUM SORBATE [PRESERVATIVE], AGAR AGAR, SORBITAN MONOSTERATE, ARTIFICIAL FLAVOR, CITRIC ACID), APPLES (ASCORBIC ACID, CITRIC ACID), PALM OIL, SPICES

CONTAINS: EGGS, MILK, SOY, WHEAT

# Posh Bakery Nutrition Label Cinnamon Roll, Large, Posh

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;"><b>Serving size</b> <b>184 g (6.5 oz)</b></p> <hr/> <p style="margin: 0;"><b>Calories 740</b> <b>per serving</b></p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<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>
	Total Fat 34g	43%	Total Carbohydrate 98g	36%	
	Saturated Fat 14g	70%	Dietary Fiber 3g	11%	
	<i>Trans</i> Fat 0g		Total Sugars 29g		
Cholesterol 5mg	1%	Includes 22g Added Sugar: 44%			
Sodium 900mg	39%	Protein 10g			
Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 5.8mg 30%					
Potassium 180mg 4% • Vitamin A 610mcg 70%					

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, PALM OIL, POWDERED SUGAR (SUGAR, MALTODEXTRIN), SUGAR, CORN SYRUP, SPICES

CONTAINS: EGGS, MILK, SOY, WHEAT

# Posh Bakery Nutrition Label Cinnamon Roll, Small, Posh

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;"><b>Serving size</b> <b>113 g (4 oz)</b></p> <hr/> <p style="margin: 0;"><b>Calories 430</b> <b>per serving</b></p>	<b>Amount per serving</b>	<b>% Daily Value *</b>	<b>Amount per serving</b>	<b>% Daily Value *</b>	<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>
	<b>Total Fat</b> 17g	<b>22%</b>	<b>Total Carbohydrate</b> 63g	<b>23%</b>	
	Saturated Fat 7g	<b>33%</b>	Dietary Fiber 2g	<b>7%</b>	
	<i>Trans</i> Fat 0g		Total Sugars 20g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 16g Added Sugar:	<b>32%</b>	
	<b>Sodium</b> 560mg	<b>24%</b>	<b>Protein</b> 6g		
	Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 4mg 20% Potassium 110mg 2% • Vitamin A 380mcg 40%				

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, DEXTROSE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DRIED WHEY (MILK), SUGAR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR (CONTAINS SOYBEAN OIL, SOY LECITHIN), SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, NONFAT DRY MILK, POTATO FLOUR, SOY LECITHIN, SOY PROTEIN CONCENTRATE, DOUGH CONDITIONER (CALCIUM SULFATE, AMMONIUM SULFATE, WHEAT FLOUR, SALT), GUAR GUM, DRIED EGG YOLKS, BETA CAROTENE (COLOR), LACTIC ACID, ENZYMES, NATURAL FLAVORS, WATER, YEAST, POWDERED SUGAR (SUGAR, MALTODEXTRIN), PALM OIL, SUGAR, CORN SYRUP, SPICES

CONTAINS: EGGS, MILK, SOY, WHEAT