

# The Posh Bakery

## Nutrition Label

### Coffee Cake With Strussel, Apple, 9"

<b>Nutrition Facts</b>	
Serving Size 2 3/5 oz (74 g/2.6 oz)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 28g	
<b>Protein</b> 3g	
Vitamin A 2%	• Vitamin C 25%
Calcium 4%	• Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65 g    80 g
Sat Fat	Less than 20 g    25 g
Cholesterol	Less than 300 mg    300 mg
Sodium	Less than 2,400 mg    2,400 mg
Total Carbohydrate	300 g    375 g
Dietary Fiber	25 g    30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Sugar, Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Soybean Oil, Dry Whey [milk], Leavening (Sodium Aluminum Phosphate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Mono & Diglycerides of Fatty Acids, Mono & Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Corn Starch, Tricalcium Phosphate, Soya Flour, Dry Whole Eggs, Natural and Artificial Flavor, Water, Ascorbic Acid (Dough Conditioner), Alpha Tocopherol as Preservative, Citric Acid, Eggs, Water, Sugar, Brown Sugar, Soybean Salad Oil, Cinnamon, Vanilla Extract (Alcohol, Bourbon Vanilla Beans, and Water), Apples (Ascorbic Acid, Citric Acid), Butter (Pasteurized Cream [Milk], Natural Flavors), Pure Cane Sugar

**CONTAINS:** Eggs, Milk, Soy, Wheat

# The Posh Bakery

## Nutrition Label

### Coffee Cake With Strussel, Blueberry, 9"

<b>Nutrition Facts</b>	
Serving Size 2 3/5 oz (74 g/2.6 oz)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 4g	<b>19%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 30g	
<b>Protein</b> 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65 g    80 g
Sat Fat	Less than 20 g    25 g
Cholesterol	Less than 300 mg    300 mg
Sodium	Less than 2,400 mg    2,400 mg
Total Carbohydrate	300 g    375 g
Dietary Fiber	25 g    30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Sugar, Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Soybean Oil, Dry Whey [milk], Leavening (Sodium Aluminum Phosphate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Mono & Diglycerides of Fatty Acids, Mono & Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Corn Starch, Tricalcium Phosphate, Soya Flour, Dry Whole Eggs, Natural and Artificial Flavor, Water, Ascorbic Acid (Dough Conditioner), Alpha Tocopherol as Preservative, Citric Acid, Eggs, Water, Sugar, Brown Sugar, Soybean Salad Oil, Cinnamon, Vanilla Extract (Alcohol, Bourbon Vanilla Beans, and Water), Blueberries, Butter (Pasteurized Cream [Milk], Natural Flavors), Pure Cane Sugar

**CONTAINS:** Eggs, Milk, Soy, Wheat

# The Posh Bakery

## Nutrition Label

### Coffee Cake With Strussel, Cinnamon Strussel, 9"

Nutrition Facts	
Serving Size 1 22/25 oz (53 g/1.9 oz)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>13%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 23g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Soybean Oil, Dry Whey [milk], Leavening (Sodium Aluminum Phosphate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Mono & Diglycerides of Fatty Acids, Mono & Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Corn Starch, Tricalcium Phosphate, Soya Flour, Dry Whole Eggs, Natural and Artificial Flavor, Water, Ascorbic Acid (Dough Conditioner), Alpha Tocopherol as Preservative, Citric Acid, Eggs, Water, Sugar, Brown Sugar, Soybean Salad Oil, Cinnamon, Vanilla Extract (Alcohol, Bourbon Vanilla Beans, and Water), Butter (Pasteurized Cream [Milk], Natural Flavors), Pure Cane Sugar

CONTAINS: Eggs, Milk, Soy, Wheat

# The Posh Bakery

## Nutrition Label

### Coffee Cake With Strussel, Peach, 9"

<b>Nutrition Facts</b>	
Serving Size 2 3/5 oz (74 g/2.6 oz)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 270	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 30g	
<b>Protein</b> 3g	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65 g    80 g
Sat Fat	Less than 20 g    25 g
Cholesterol	Less than 300 mg    300 mg
Sodium	Less than 2,400 mg    2,400 mg
Total Carbohydrate	300 g    375 g
Dietary Fiber	25 g    30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Sugar, Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Soybean Oil, Dry Whey [milk], Leavening (Sodium Aluminum Phosphate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Mono & Diglycerides of Fatty Acids, Mono & Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Corn Starch, Tricalcium Phosphate, Soya Flour, Dry Whole Eggs, Natural and Artificial Flavor, Water, Ascorbic Acid (Dough Conditioner), Alpha Tocopherol as Preservative, Citric Acid, Eggs, Water, Sugar, Brown Sugar, Soybean Salad Oil, Cinnamon, Vanilla Extract (Alcohol, Bourbon Vanilla Beans, and Water), Peaches, Butter (Pasteurized Cream [Milk], Natural Flavors), Pure Cane Sugar

**CONTAINS:** Eggs, Milk, Soy, Wheat

# Posh Bakery

## Nutrition Label Report

### Coffee Cake, Cinnamon Strussel, 1/4 Sheet

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>2 1/2 oz (71g)</b>
<hr/>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>350</b>
<hr/>	
	<b>% Daily Value *</b>
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 5g	<b>24%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber 2g	<b>6%</b>
Total Sugars 34g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
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Vitamin D 3.3mcg	15%
Calcium 60mg	4%
Iron 3.3mg	20%
Potassium 70mg	2%
Folate 55mcg DFE (30mcg Folic Acid)	15%
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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:** Sugar, Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Soybean Oil, Dry Whey [milk], Leavening (Sodium Aluminum Phosphate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Mono & Diglycerides of Fatty Acids, Mono & Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Corn Starch, Tricalcium Phosphate, Soya Flour, Dry Whole Eggs, Natural and Artificial Flavor, Water, Ascorbic Acid (Dough Conditioner), Alpha Tocopherol as Preservative, Citric Acid, Eggs, Sugar, Water, Soybean Oil, Brown Sugar, Walnuts, Cinnamon, Vanilla Extract (Alcohol, Bourbon Vanilla Beans, and Water), Butter (Pasteurized Cream [Milk], Natural Flavors), Pure Cane Sugar

**CONTAINS:** Eggs, Milk, Nuts (Walnuts), Soy, Wheat

# Posh Bakery

## Nutrition Label Report

### Coffee Cake, Strussel, Apple, 1/4 Sheet

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>2 1/2 oz (71g)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>340</b>
<hr/>	
	<b>% Daily Value *</b>
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 34g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
<hr/>	
Vitamin D 3.1mcg	15%
Calcium 50mg	4%
Iron 3.1mg	15%
Potassium 70mg	2%
Folate 55mcg DFE (30mcg Folic Acid)	15%
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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:** Sugar, Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Soybean Oil, Dry Whey [milk], Leavening (Sodium Aluminum Phosphate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Mono & Diglycerides of Fatty Acids, Mono & Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Corn Starch, Tricalcium Phosphate, Soya Flour, Dry Whole Eggs, Natural and Artificial Flavor, Water, Ascorbic Acid (Dough Conditioner), Alpha Tocopherol as Preservative, Citric Acid, Eggs, Sugar, Water, Soybean Oil, Brown Sugar, Walnuts, Cinnamon, Vanilla Extract (Alcohol, Bourbon Vanilla Beans, and Water), Apples (Ascorbic Acid, Citric Acid), Butter (Pasteurized Cream [Milk], Natural Flavors), Pure Cane Sugar

**CONTAINS:** Eggs, Milk, Nuts (Walnuts), Soy, Wheat

# Posh Bakery

## Nutrition Label Report

### Coffee Cake, Strussel, Blueberry, 1/4 Sheet

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>2 1/2 oz (71g)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>340</b>
<hr/>	
	<b>% Daily Value *</b>
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 51g	<b>19%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 34g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
<hr/>	
Vitamin D 3.1mcg	15%
Calcium 50mg	4%
Iron 3.2mg	20%
Potassium 60mg	2%
Folate 55mcg DFE (30mcg Folic Acid)	15%
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**CONTAINS:** Eggs, Milk, Nuts (Walnuts), Soy, Wheat

# Posh Bakery

## Nutrition Label Report

### Coffee Cake, Strussel, Peach, 1/4 Sheet

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>2 1/2 oz (71g)</b>
<hr/>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>350</b>
<hr/>	
	<b>% Daily Value *</b>
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 36g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
<hr/>	
Vitamin D 3.1mcg	15%
Calcium 50mg	4%
Iron 3.2mg	20%
Potassium 70mg	2%
Folate 55mcg DFE (30mcg Folic Acid)	15%
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Sugar, Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Soybean Oil, Dry Whey [milk], Leavening (Sodium Aluminum Phosphate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Mono & Diglycerides of Fatty Acids, Mono & Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Corn Starch, Tricalcium Phosphate, Soya Flour, Dry Whole Eggs, Natural and Artificial Flavor, Water, Ascorbic Acid (Dough Conditioner), Alpha Tocopherol as Preservative, Citric Acid, Eggs, Sugar, Water, Soybean Oil, Brown Sugar, Walnuts, Cinnamon, Vanilla Extract (Alcohol, Bourbon Vanilla Beans, and Water), Peaches, Butter (Pasteurized Cream [Milk], Natural Flavors), Pure Cane Sugar

**CONTAINS:** Eggs, Milk, Nuts (Walnuts), Soy, Wheat