

# The Posh Bakery

## Nutrition Label

### Canoli

Nutrition Facts	
Serving Size 45 g (1.6 oz)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 130
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 11g	<b>54%</b>
<i>Trans</i> Fat 0.5g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 6g	
Protein 2g	
Vitamin A 0%	• Vitamin C 4%
Calcium 0%	• Iron 4%
* 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: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream [Milk], Natural Flavors), Water, Salt, Whip Cream (Water, Partially Hydrogenated Palm Kernels Oil, High Fructose Corn Syrup, Corn Syrup, Sugar, contains less than 2% of the following: \*Sodium Caseinate (a Milk Derivative), Artificial Flavor, Polysorbate 60, Sorbitan Monostearate, Salt, Soy Lecithin, Mono and Diglycerides, Carrageenan, Colored With Beta Carotene), Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Stabilizers [Xanthan and/or Carob Bean and/or Guar Gums]), Strawberries, Pure Cane Sugar, Pure Cane Powdered Sugar (Sugar, Cornstarch)

CONTAINS: Milk, Soy, Wheat

# Posh Bakery Nutrition Label Dessert, Cream Puff, 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>40 g (1.4 oz)</b></p> <hr/> <p style="margin: 0;"><b>Calories 110</b> <b>per serving</b></p>	<b>Amount per serving</b>	<b>% Daily Value *</b>	<b>Amount per serving</b>	<b>% Daily Value *</b>	* 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.
	<b>Total Fat</b> 6g	<b>8%</b>	<b>Total Carbohydrate</b> 12g	<b>4%</b>	
	Saturated Fat 4g	<b>21%</b>	Dietary Fiber 0g	<b>0%</b>	
	<i>Trans</i> Fat 0g		Total Sugars 7g		
<b>Cholesterol</b> 40mg	<b>14%</b>	Includes 0g Added Sugars	<b>0%</b>		
<b>Sodium</b> 95mg	<b>4%</b>	<b>Protein</b> 2g			
Vitamin D 4.3mcg 20% • Calcium 10mg 0% • Iron 0.3mg 2% Potassium 20mg 0% • Vitamin A 110mcg 15%					

INGREDIENTS: EGGS, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MILK, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PURE CANE SUGAR, SALT, BAVARIAN CREME (WATER, HIGH FRUCTOSE CORN SYRUP, FOOD STARCH-MODIFIED. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: VEGETABLE SHORTENING [PALM OIL, MONO AND DIGLYCERIDES, POLYSORBATE 60], SOYBEAN OIL, SALT, PRESERVATIVES [POTASSIUM SORBATE, SODIUM BENZOATE], NATURAL AND ARTIFICIAL FLAVORS, PHOSPHORIC ACID, TITANIUM DIOXIDE (COLOR), YELLOW 5, YELLOW 6. [R12558]), WHIP CREAM (WATER, PARTIALLY HYDROGENATED PALM KERNELS OIL, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SUGAR, CONTAINS LESS THAN 2% OF THE FOLLOWING: \*SODIUM CASEINATE (A MILK DERIVATIVE), ARTIFICIAL FLAVOR, POLYSORBATE 60, SORBITAN MONOSTEARATE, SALT, SOY LECITHIN, MONO AND DIGLYCERIDES, CARRAGEENAN, COLORED WITH BETA CAROTENE), POWDERED SUGAR (SUGAR, CORNSTARCH)

CONTAINS: EGGS, MILK, SOY, WHEAT

# The Posh Bakery

## Nutrition Label

### Eclair - Posh

<b>Nutrition Facts</b>	
Serving Size 1 1/5 oz (34 g/1.2 oz)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 50	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
* 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: Eggs, Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Milk (Vitamin D3), Butter (Pasteurized Cream [Milk], Natural Flavors), Pure Cane Sugar, Salt, Whip Cream (Water, Partially Hydrogenated Palm Kernels Oil, High Fructose Corn Syrup, Corn Syrup, Sugar, contains less than 2% of the following: \*Sodium Caseinate (a Milk Derivative), Artificial Flavor, Polysorbate 60, Sorbitan Monostearate, Salt, Soy Lecithin, Mono and Diglycerides, Carrageenan, Colored With Beta Carotene), Bavarian Creme (Water, High Fructose Corn Syrup, Food Starch-Modified, Vegetable Shortening [Partially Hydrogenated Soybean and Cottonseed Oil, Mono and Diglycerides, Polysorbate 60], Salt, Preservatives [Sodium Benzoate, Potassium Sorbate], Natural and Artificial Flavors, Titanium Dioxide (Color), Phosphoric Acid, Yellow 5, Yellow 6), Sugar, Heavy Cream (Milk), Unsweetened Chocolate, White Chocolate (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Soya Lecithin, Artificial Color (titanium dioxide), Natural Flavor and Pure Vanilla)

CONTAINS: Eggs, Milk, Soy, Wheat