

# Apple Pastry Puffins®

---

<b>Nutrition Facts</b>			
Serving Size 1 pastry (64g)			
Servings Per Container 12			
<b>Amount Per Serving</b>			
<b>Calories</b> 210	<b>Calories from Fat</b> 90		
% Daily Value*			
<b>Total Fat</b> 10g	<b>15%</b>		
Saturated Fat 6g	<b>31%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 25mg	<b>9%</b>		
<b>Sodium</b> 190mg	<b>8%</b>		
<b>Total Carbohydrate</b> 28g	<b>9%</b>		
Dietary Fiber 1g	<b>2%</b>		
Sugars 12g			
<b>Protein</b> 2g			
Vitamin A 8%	• Vitamin C 15%		
Calcium 2%	• Iron 6%		
*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	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

## Ingredients List:

**Dough:** Flour, butter, water, salt, sugar, acid salt or lemon juice, ascorbic acid.

**Filling:** Water, sugar, apples, modified food starch, high fructose corn syrup, spices, citric acid, salt, preservatives. **Frosting:** Sugar, Water, Corn Syrup, Agar, Artificial Color, Potassium Sorbate, Citric Acid, Natural and Artificial Flavor, Locust Bean Gum, Mono and Diglycerides.

# Cinnamon Pastry Puffins®

<b>Nutrition Facts</b>			
Serving Size 1 pastry (64g)			
Servings Per Container 12			
<b>Amount Per Serving</b>			
<b>Calories 240</b>	<b>Calories from Fat 120</b>		
% Daily Value*			
<b>Total Fat 13g</b>	<b>20%</b>		
Saturated Fat 8g	<b>40%</b>		
Trans Fat 0g			
<b>Cholesterol 35mg</b>	<b>11%</b>		
<b>Sodium 210mg</b>	<b>9%</b>		
<b>Total Carbohydrate 27g</b>	<b>9%</b>		
Dietary Fiber 1g	<b>3%</b>		
Sugars 9g			
<b>Protein 2g</b>			
Vitamin A 10%	• Vitamin C 20%		
Calcium 2%	• Iron 8%		
*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	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

## Ingredients List:

**Dough:** Flour, butter, water, salt, sugar, acid salt or lemon juice, ascorbic acid.

**Filling:** Brown Sugar, Cinnamon, Sugar, Margarine (Partially Hydrogenated Soybean Oil, Soybean Oil, Water, Salt, Whey (Milk), Soy Lecithin, Mono- And Diglycerides, Sodium Benzoate (Preservative), Citric Acid, Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate), Spice, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Partially Hydrogenated Soybean and Cottonseed Oils, Eggs, Cream Cheese (Cultured Milk and Cream, Salt, Guar Gum, Locust Bean Gum, Carrageenan, Enzymes), Water, Sugar, Corn Syrup, Modified Food Starch. Contains 2% or less of the following: Partially Hydrogenated Soybean and Cottonseed Oils, Salt, Titanium Dioxide (Color), Natural and Artificial Flavors (Almonds), Dextrose, Benzoic Acid, Glucono-Delta-Lactone, Propylene Glycol, Heliotropine, Yellow 5, Yellow 6, Hydrochloric Acid. **Frosting:** Sugar, Water, Corn Syrup, Agar, Artificial Color, Potassium Sorbate, Citric Acid, Natural and Artificial Flavor, Locust Bean Gum, Mono and Diglycerides.

# Strawberry Cream Cheese Pastry Puffins®

<b>Nutrition Facts</b>	
Serving Size 1 pastry (64g)	
Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories 220</b>	<b>Calories from Fat 100</b>
<hr/>	
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 10g	
<b>Protein 2g</b>	
<hr/>	
Vitamin A 8%	• Vitamin C 20%
Calcium 2%	• Iron 6%
*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 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Ingredients List:

**Dough:** Flour, butter, water, salt, sugar, acid salt or lemon juice, ascorbic acid.

**Filling:** Water, Sugar, Strawberry Puree, Corn Syrup, Modified Food Starch, Dextrose. Contains 2% or less of the following: Citric Acid, Tapioca Dextrin, Salt, Preservatives (Potassium Sorbate, Sodium Propionate, Sodium Benzoate), Algin, Sodium Carboxymethylcellulose, Carrageenan, Red 40, Artificial Flavor. **Cream**

**Cheese:** Cream Cheese (Cultured Milk and Cream, Salt, Guar Gum, Locust Bean Gum, Carrageenan, Enzymes), Water, Sugar, Corn Syrup, Modified Food Starch. Contains 2% or less of the following: Partially Hydrogenated Soybean and Cottonseed Oils, Salt, Titanium Dioxide (Color), Natural and Artificial Flavors (Almonds), Dextrose, Benzoic Acid, Glucono-Delta-Lactone, Propylene Glycol, Heliotropine, Yellow 5, Yellow 6, Hydrochloric Acid. **Frosting:** Sugar, Water,

Corn Syrup, Agar, Artificial Color, Potassium Sorbate, Citric Acid, Natural and Artificial Flavor, Locust Bean Gum, Mono and Diglycerides.

# Blueberry Cream Cheese Pastry Puffins®

<b>Nutrition Facts</b>			
Serving Size 1 pastry (64g)			
Servings Per Container 12			
<b>Amount Per Serving</b>			
<b>Calories 210</b>	<b>Calories from Fat 100</b>		
% Daily Value*			
<b>Total Fat 11g</b>	<b>17%</b>		
Saturated Fat 7g	<b>35%</b>		
Trans Fat 0g			
<b>Cholesterol 30mg</b>	<b>10%</b>		
<b>Sodium 190mg</b>	<b>8%</b>		
<b>Total Carbohydrate 26g</b>	<b>9%</b>		
Dietary Fiber 1g	<b>2%</b>		
Sugars 9g			
<b>Protein 2g</b>			
Vitamin A 8%	• Vitamin C 20%		
Calcium 2%	• Iron 6%		
*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	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

## Ingredients List:

**Dough:** Flour, butter, water, salt, sugar, acid salt or lemon juice, ascorbic acid.

**Filling:** Water, high fructose corn syrup, blueberries, sugar, food starch-modified, citric acid, natural and artificial flavor, sodium benzoate (preservative), potassium sorbate (preservative), sodium citrate, salt, propylene glycol, Red 40, Blue 1 (D,L) 110503, **Cream Cheese:** Cream Cheese (Cultured Milk and Cream, Salt, Guar Gum, Locust Bean Gum, Carrageenan, Enzymes), Water, Sugar, Corn Syrup, Modified Food Starch. Contains 2% or less of the following: Partially Hydrogenated Soybean and Cottonseed Oils, Salt, Titanium Dioxide (Color), Natural and Artificial Flavors (Almonds), Dextrose, Benzoic Acid, Glucono-Delta-Lactone, Propylene Glycol, Heliotropine, Yellow 5, Yellow 6, Hydrochloric Acid.

**Frosting:** Sugar, Water, Corn Syrup, Agar, Artificial Color, Potassium Sorbate, Citric Acid, Natural and Artificial Flavor, Locust Bean Gum, Mono and Diglycerides.

# Cream Cheese Pastry Puffins®

<b>Nutrition Facts</b>			
Serving Size 1 pastry (64g)			
Servings Per Container 12			
Amount Per Serving			
<b>Calories</b> 230	Calories from Fat 120		
% Daily Value*			
<b>Total Fat</b> 13g	<b>20%</b>		
Saturated Fat 8g	<b>40%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 35mg	<b>11%</b>		
<b>Sodium</b> 210mg	<b>9%</b>		
<b>Total Carbohydrate</b> 26g	<b>9%</b>		
Dietary Fiber 1g	<b>2%</b>		
Sugars 8g			
<b>Protein</b> 2g			
Vitamin A 10%	• Vitamin C 20%		
Calcium 2%	• Iron 6%		
*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	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

## Ingredients List:

**Dough:** Flour, butter, water, salt, sugar, acid salt or lemon juice, ascorbic acid.

**Filling:** Cream Cheese (Cultured Milk and Cream, Salt, Guar Gum, Locust Bean Gum, Carrageenan, Enzymes), Water, Sugar, Corn Syrup, Modified Food Starch. Contains 2% or less of the following: Partially Hydrogenated Soybean and Cottonseed Oils, Salt, Titanium Dioxide (Color), Natural and Artificial Flavors (Almonds), Dextrose, Benzoic Acid, Glucono-Delta-Lactone, Propylene Glycol, Heliotropine, Yellow 5, Yellow 6, Hydrochloric Acid. **Frosting:** Sugar, Water, Corn Syrup, Agar, Artificial Color, Potassium Sorbate, Citric Acid, Natural and Artificial Flavor, Locust Bean Gum, Mono and Diglycerides.

# Caramel Pastry Puffins®

<b>Nutrition Facts</b>	
Serving Size 1 pastry (64g)	
Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories</b> 230	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 8g	<b>39%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>11%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 9g	
<b>Protein</b> 2g	
Vitamin A 10%	• Vitamin C 20%
Calcium 2%	• Iron 6%
*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 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Ingredients List:

**Dough:** Flour, butter, water, salt, sugar, acid salt or lemon juice, ascorbic acid.

**Filling:** Corn Syrup, High Fructose Corn Syrup, Water, Sugar, Partially Hydrogenated Soybean and Cottonseed Oils, Dextrose, Modified Food Starch, Nonfat Dry Milk, Butter (Cream, Salt). Contains 2% or less of the following: Natural and Artificial Flavors, Mono- and Diglycerides, Caramel Color (Treated with Sulfites), Salt, Preservatives (Potassium Sorbate, Sodium Propionate), Yellow 5, Red 40, Blue 1, Heliotropine, Hydrochloric Acid. **Cream Cheese:** Cream Cheese (Cultured Milk and Cream, Salt, Guar Gum, Locust Bean Gum, Carrageenan, Enzymes), Water, Sugar, Corn Syrup, Modified Food Starch. Contains 2% or less of the following: Partially Hydrogenated Soybean and Cottonseed Oils, Salt, Titanium Dioxide (Color), Natural and Artificial Flavors (Almonds), Dextrose, Benzoic Acid, Glucono-Delta-Lactone, Propylene Glycol, Heliotropine, Yellow 5, Yellow 6, Hydrochloric Acid. **Frosting:** Sugar, Water, Corn Syrup, Agar, Artificial Color, Potassium Sorbate, Citric Acid, Natural and Artificial Flavor, Locust Bean Gum, Mono and Diglycerides.

# Chocolate Pastry Puffins®

<b>Nutrition Facts</b>	
Serving Size 2.25 oz (64g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 220</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 10g	
<b>Protein 2g</b>	
Vitamin A 8%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*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 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9    • Carbohydrate 4    • Protein 4	

## Ingredients List:

**Dough:** Flour, butter, water, salt, sugar, acid salt or lemon juice, ascorbic acid.

**Filling: Bavarian Cream:** Water, Sugar, Modified Food Starch, Cocoa (Processed with Alkali), Partially Hydrogenated Soybean and Cottonseed Oils. Contains 2% or less of the following: High Fructose Corn Syrup, Hydrochloric Acid, Salt, Sorbic Acid, Natural and Artificial Flavors, Titanium Dioxide (Color).

**Chocolate:** Sugar, Cream Cheese (Cultured Milk and Cream, Salt, Guar Gum, Locust Bean Gum, Carrageenan, Enzymes), Cocoa (Processed with Alkali), Corn Syrup, Oat Fiber, Partially Hydrogenated Soybean and Cottonseed

Oils. Contains 2% or less of the following: Salt, Potassium Sorbate (Preservative), Propylene Glycol, Water, Natural and Artificial Flavors, Heliotropine, Hydrochloric Acid

**Frosting:** Sugar, Water, Corn Syrup, Agar, Artificial Color, Potassium Sorbate, Citric Acid, Natural and Artificial Flavor, Locust Bean Gum, Mono and Diglycerides.