

Grounds For Coffee

Nutritional Information

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Cinnamon Roll (with icing)	100	300	8.5	2.5	0	2	4	2	170	50	1	18	5	0	0	2	15
Cinnamon Roll (without icing)	100	290	8	2	0	2	4	0	170	48	2	12	6	0	0	2	20
Cookie, Chocolate Chip	100	420	17.5	5	0	3.5	9	35	310	61	2	35	6	0	0	2	20
Cookie, Oatmeal Raisin	100	390	11.5	2	0	3.5	6	30	220	65	3	34	7	0	0	4	20
Espresso Chocolate Banana Muffin	100	280	10.5	2	0	2.5	6	35	180	42	3	16	6	2	10	6	15
Healthy Choice Flax Muffin	100	290	12	3	0	4.5	4.5	30	160	38	4	17	6	6	10	6	15
Superfruit Muffin	100	230	8	1	0	2.5	4.5	35	170	35	3	11	6	2	10	6	15

Allergens:

Cinnamon Rolls Contain Gluten, Dairy, Soy Lecithin, Wheat

Cookies Contain Eggs, Gluten, Wheat

Espresso Chocolate Banana Muffins Contain Eggs, Gluten, Dairy, Wheat

Healthy Choice Flax Muffins Contain Eggs, Gluten, Dairy, Walnuts, Wheat

Superfruit Muffins Contain Eggs, Gluten, Dairy, Wheat



grounds
FOR COFFEE