

Item	Flour types	Cal	total fat	sat fat	Trans Fat	Chol	Sod	Tot Carb	Fiber	total sugar	sugar alc	Prot	Net Carbs
Lemon Glazed Donuts	Almond	168	14	3	0	58	172	7	1	0	5	5	2
	Wheat	129	6	3	0	58	169	17	2	0	5	4	10
	G.F	140	6	3	0	58	172	22	1	0	5	3	17
	A.P	129	6	3	0	58	169	19	0	0	5	4	13
Cinnamon Sugar Donuts	Almond	158	13	2	0	54	171	10	1	0	8	5	1
	Wheat	119	5	2	0	54	168	20	2	0	8	4	10
	G.F	130	5	2	0	54	171	25	1	0	8	3	16
	A.P	119	5	2	0	54	168	21	0	0	8	4	13
Variety Glazed Donuts	Almond	168	14	3	0	58	172	7	1	0	5	5	2
	Wheat	129	6	3	0	58	169	17	2	0	5	4	10
	G.F	140	6	3	0	58	172	22	1	0	5	3	17
	A.P	129	6	3	0	58	169	19	0	0	5	4	13
Hot Chocolate Donuts	Almond	177	15	4	0	60	172	9	1	0	7	5	2
	Wheat	143	8	3	0	60	169	18	2	0	7	4	10
	G.F	153	7	3	0	60	172	22	1	0	7	3	15
	A.P	143	7	3	0	60	169	19	0	0	7	4	12
Bannana Bread Mini Loaves	Almond	430	35	7	0	92	457	21	2	0	16	14	3
	Wheat	337	16	6	0	92	450	45	5	0	16	11	25
	G.F	363	15	6	0	92	457	57	2	0	16	8	39
	A.P	337	15	6	0	92	450	48	1	0	16	10	31
Coffee Cake Mini Loaves	Almond	657	59	17	0	0	424	35	2	0	29	15	4
	Wheat	528	32	15	0	0	415	68	6	0	29	12	33
	G.F	565	31	15	0	0	424	85	2	0	29	8	54
	A.P	528	31	15	0	0	415	72	0	0	29	10	43
Peanut Butter Brownies	Almond	348	33	10	0	98	96	19	2	0	15	5	3
	Wheat	332	30	9	0	98	95	23	2	0	15	5	6
	G.F	337	29	9	0	98	96	25	2	0	15	4	9
	A.P	332	29	9	0	98	95	23	2	0	15	5	7

Item	Flour types	Tree Nuts	soy lecithin in non stick spray	Milk	Wheat	Egg
Lemon Glazed Donuts	Almond	X		X		X
	Wheat			X	x	X
	G.F			X		X
	A.P			X	x	X
Cinnamon Sugar Donuts	Almond	X		X		X
	Wheat			X	x	X
	G.F			X		X
	A.P			X	x	X
Variety Glazed Donuts	Almond	X		X		X
	Wheat			X	x	X
	G.F			X		X
	A.P			X	x	X
Hot Chocolate Donuts	Almond	X		X		X
	Wheat			X	x	X
	G.F			X		X
	A.P			X	x	X
Bannana Bread Mini Loaves	Almond	X		X		X
	Wheat			X	x	X
	G.F			X		X
	A.P			X	x	X
Coffee Cake Mini Loaves	Almond	X		X		X
	Wheat			X	x	X
	G.F			X		X
	A.P			X	x	X
Peanut Butter Brownies	Almond	X		X		X
	Wheat			X	x	X
	G.F			X		X
	A.P			X	x	X

Ingredients
Flour - Almond
Flour - Wheat
Flour - Gluten Free
Flour - All Purpose
Baking Powder
Baking Soda
Protein Powder
Sallt
Cinnamon
Monk Fruit Sugar
Monk Fruit Choc chips
Walnuts
Dark Cocoa Powder
Milk Choc Cocoa Powder
Monk Fruit Brown Sugar
Butter
Heavy Cream
Lemon Juice
Oil - Avocado
Eggs
Extracts