

Item	Calories	Total Fat	Cholesterol	sodium	total carbs	Net carbs	Fiber	Sugar alcohol	Protein	Tree Nuts
Cinnamon Sugar Donuts	200	15g	44mg	250mg	12.5g	1.5g	1g	10g	5g	X
Glazed Donuts	212	19g	62mg	162mg	21g	1g	2.5g	17.5	6g	X
Chocolate Donuts	250	22g	75mg	112mg	13.75g	2.5g	3.75g	7.5	6g	X
Coffee Cake	360	32g	65mg	310mg	25g	3g	5g	17g	10g	X
Banana Bread	330	28g	55mg	240mg	18g	3g	3g	12g	10g	X