Safe & Sweet

Nutrition Facts

	Serving Size Description	Calories (kcal)	Fat (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
Cupcakes							
Chocolate Peanut Butter	1 cupcake	390	26	9.5	5	4.5	16
Chocolate Cream Cheese	1 cupcake	211	19.8	4.1	2.5	2.4	5.1
Chocolate Mint	1 cupcake	219	19.5	9.1	2.5	6.6	3.8
Chocolate Strawberry	1 cupcake	230	24	4.8	2.5	2.3	4
Chocolate Raspberry Cream	1 cupcake	245	26	5.5	2.5	3	7
Lemon Cream Cheese	1 cupcake	338	29	7	4	3	7
Lemon Strawberry	1 cupcake	345	30	6.5	3.5	3	6
Lemon Blueberry	1 cupcake	345	32	6.5	3.5	3	6
Vanilla	1 cupcake	269	2.5	3	2	1	4
Vanilla Strawberry	1 cupcake	269	2.5	3	1	2	4
Vanilla Maple Pecan	1 cupcake	275	30	4	1	3	6
Vanilla Maple Bacon	1 cupcake	269	2.5	3	1	2	4
Vanilla Peanut Butter	1 cupcake	320	28	4	1	3	14
Apple Crumb Cupkin	1 cupcake	243	24	6	2	4	9
Carrot Cake Cream Cheese	1 cupcake	305	30	10	5	5	5
Red Velvet Cream Cheese	1 cupcake	215	19	5	2.5	2.5	3
Stuffed Boston Cream	1 cupcake	334	36.5	3.17	1.05	2.12	4.42
Stuffed PB &J	1 cupcake	390	26	10.5	5	5.5	16
Custom Cakes							
Chocolate Peanut Butter	1 slice / 15 slices per cake	375	20.1	8.9	5.5	3.4	13.1
Chocolate Cream Cheese	1 slice / 15 slices per cake	211	19.8	4.1	2.5	2.4	5.1
Chocolate Mint	1 slice / 15 slices per cake	219	19.5	9.1	2.5	6.6	3.8
Chocolate Strawberry	1 slice / 15 slices per cake	219	19.5	9.1	2.5	6.6	3.8
Lemon Cream Cheese	1 slice / 15 slices per cake	330	27.6	6.6	3.8	2.8	6.9
Lemon Strawberry	1 slice / 15 slices per cake	338	27.6	6.6	3.8	2.8	5.6
Vanilla Buttercream	1 slice / 15 slices per cake	269	2.5	3	1	2	4
Vanilla Maple Pecan	1 slice / 15 slices per cake	269	2.5	3	1	2	4
Vanilla Maple Bacon	1 slice / 15 slices per cake	269	2.5	3	1	2	4
Vanilla Peanut Butter	1 slice / 15 slices per cake	320	28	4	1	3	14
Red Velvet Cream Cheese	1 slice / 15 slices per cake	215	19	5	2.5	2.5	3
Carrot Cake Cream Cheese	1 slice / 15 slices per cake	290	24	9	5	4	3

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	Serving Size Description	Calories (kcal)	Fat (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
Cookies							
Chocolate Chip	1 cookie	180	16	5	3	2	4
Almond Dipper	4 pieces	104	10	2.2	1.2	1	1.2
PB Blossom	1 cookie	66	5.3	2.5	0.7	1.8	3.6
Snickerdoodles	1 cookie	68	6	1.5	0.8	0.7	1.4
Carrot Cake	1 cookie	110	11	1.5	3	1.2	4.7
Chocolate PB No Bake **(DF, V)**	1 cookie	229	22	7	4	3	5
Banana Breakfast Bars	1 cookie	117	10	3	2	1	3
Coconut Macroons	1 cookie	42	3.4	2	0.7	1.3	1.1
Chocolate Dipped Macroons	1 cookie	42	3.4	2	0.7	1	1.1
Stuffed Caramel Cookie	1 cookie	433	41	11.5	6	5.5	10
Stuffed Newtella Cookie	1 cookie	244	23	12	8.25	3.75	4
Muffins							
Crumb Muffins	1 muffin	325	27	6	2.5	3.5	15
Blueberry Muffins	1 muffin	260	23	7	3.5	3.5	8
Strawberry Muffins	1 muffin	226	20	5	3	2	7
Pumpkin Muffins	1 muffin	197	17	4	2	2	7
Whoopies							
Chocolate Cream Cheese	1 whoopie	211	19.8	4.1	2.5	2.4	5.1
Chocolate Peanut Butter	1 whoopie	375	20.1	8.9	5.5	3.4	13.1
Red Velvet Cream Cheese	1 whoopie	215	19	5	2.5	2.5	3
Lemon Cream Cheese	1 whoopie	330	27.6	6.6	3.8	2.8	6.9
Lemon Blueberry	1 whoopie	333	27.6	7.4	3.8	3.6	6.9
Lemon Strawberry	1 whoopie	338	27.6	6.6	3.8	2.8	5.6
Carrot Cake	1 whoopie	290	24	9	5	4	3
Strawberry Cream Cheese	1 whoopie	375	30	6	2	4	9
Pumpkin Cream Cheese	1 whoopie	412	32	12	8	4	14
Bread							
Garlic Knots	1 garlic knot	180	15	4.5	1.5	3	9
Multi-Seeded Loaf	2 slices / 17 slices per loaf	464	36	14	8	6	18
Zucchini Loaf	1 slice / 10 slices per loaf	171	15	5	3	2	5
Lemon Blueberry Loaf	1 slice / 10 slices per loaf	155	13	4	2	2	3

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Strawberry Loaf	1 slice / 10 slices per loaf	192	16	6	3	3	4
Banana Bread Loaf	1 slice / 10 slices per loaf	272	23	9	5	4	10
6" Pizza Crust	1 crust	117	8	4	2	2	7
10" Pizza Crust	1 crust	232	16	8.9	5.5	3.4	13.1
Bagels **(DF)**	1 bagel	210	22	12	8	4	9
Sub Rolls **(DF)**	1 roll	332	23	25	21	4	13
Hamburger **(DF)**	1 bun	166	11.5	12.5	10.5	1.5	6.5
Hot Dog Buns **(DF)**	1 bun	166	11.5	12.5	10.5	1.5	6.5
Yeast Risen Bread	1 slice	174	14	6	4	2	5
Pinwheels							
Ham & Cheddar	1 pinwheel	203	16.5	11	4	7	9.5
Pepperoni & Parmesan	1 pinwheel	204	17	10.5	4	6.5	8.6
Spinach & Feta	1 pinwheel	217	18	11.2	4	7.2	8
Crackers							
Sour Cream & Chive	4 crackers	85	6.6	1.9	0.9	1	4.1
Butter	8 crackers	188	18	4	2	2	4
Chicken Biscuit	8 crackers	188	18	4	2	2	4
Fat Bombs							
Lemon Coconut	1 piece	71	7	2.4	1	1.4	2
Gingerbread	1 piece	112	11	2.5	1.5	1	3
Jalapeno Bacon	3 pieces	147	13.9	2.36	0.23	2.13	4.77
Dessert Dips							
Chocolate Chunk Cookie	1/4 cup	120	10	3.4	0.9	2.5	2
Cookie Dough	1/4 cup	170	14	3	1	2	2
Blueberry Cheesecake	1/4 cup	135	12	4	1	3	2
Cafe Latte	1/4 cup	145	15	4	1	3	3
Pies							
Apple Pie	1 slice	323	31	9.4	5.4	4	6.4

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Pecan Pie	1 slice	533	54	8	4	4	9
Pumpkin Pie	1 slice	320	20	9	4	5	6.4
Cheesecakes							
Chocolate Strawberry	1 Slice / 12 Slices per cheesecake	332	29	10	6	4	7
Strawberry	1 slice / 12 slices per cheesecake	348	33	7	1	6	7
Caramel	1 slice / 12 slices per cheesecake	360	37	7	1	6	7
Pumpkin	1 slice / 12 slices per cheesecake	320	20	9	4	5	6.4
Eggnog	1 slice / 12 slices per cheesecake	330	33	5	1	4	6
Salted Caramel	1 slice / 12 slices per cheesecake	365	34	7.5	1	6.5	5.5
Blueberry	1 slice / 12 slices per cheesecake	348	33	7	1	6	7
Plain	1 slice / 12 slices per cheesecake	325	31	6	1	5	7
Mini Cheesecakes							
Strawberry	1 cheesecake	260	24	5	1	4	5
Caramel	1 cheesecake	270	25	6	1	5	5
Caramel Pecan	1 cheesecake	280	25	6.5	1	5.5	5.5
Blueberry	1 cheesecake	260	24	5	1	4	5
Chocolate	1 cheesecake	290	22	6.5	1	5.5	4
Plain	1 cheesecake	250	20	5	1	4	5
Candies							
Peanut Butter Eggs **(DF, V)**	1 piece	240	20.5	5.3	4	1.3	8.6
Coconut Cream Eggs	1 piece	117	11.5	3.6	2	1.6	1.3
Buckeyes **(DF, V)**	1 Piece	240	20.5	5.3	4	1.3	8.6
Raspberry Truffles	1 Piece	78	8	2.5	1	1.5	1
Salted Chocolate Caramels	1 Piece	73	9	1.5	0	1.5	2
Peppermint Patties **(DF, V)**	1 Piece	126	13.6	2.9	1.4	1.5	0.4
Coconut Almond Bars **(DF, V)**	1 Piece	128	13	4	2	2	2
Fudges							
Chocolate Fudge	1 square	77	7.5	3.75	2.25	1.5	9
Chocolate Peppermint Fudge	1 square	98	10	6	4	2	3
Peanut Butter Fudge	1 square	109	11	2	1	1	2

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Bars							
Blackberry Crumb Bar	1 bar	190	8	6	3	3	4
Newtella Bar **(DF, V)**	1 bar	209	19	10	7	3	4
Lemon Bar	1 bar	290	27	5.8	3	2.8	8
Cranberry Bliss Bars	1 bar	220	19	6	3	3	5
Scones							
Chocolate Chip Scones **(DF)**	1 scone	201	17.2	8.9	5.1	3.7	5.1
Lemon Blueberry Scones	1 scone	198	17.2	8.5	5.5	3	4.7
Pumpkin Pecan Scones	1 scone	251	22	8.5	4.5	4	7
Additional Items							
Creme Brulee	1 serving	291	29	2.7	0	2.7	5.3
Cinnamon Glazed Pecans **(DF)**	1/4 Cup	202	20	4	2	2	3
Brownie Bites	1 brownie	69	6	2	1	1	2
Cinnamon Rolls	1 roll	290	20	7	4	3	8
Pumpkin Roll	1 slice / 10 slices per whole roll	225	21	3	1	2	3
Apple Zucchini Tart	1 tart	323	31	9.4	5.4	4	6.4
Crab Dip	2 tbsp	41	2	0	0	0	3
Crab Soup	1 cup	293	22	4	1	3	5
Pizza Sauce **(DF, V)**	1/4 cup	48	2.7	4.6	2.3	2.3	8
Potato Salad	1/2 cup	198	16	8	4	4	4
Broccoli Salad	1/2 cup	285	27	6	2	4	6
Chili **(DF)**	16oz	357	31	9	3	6	28
Donuts							
Chocolate Cream Cheese (Boston)	1 donut	340	20	6	3	3	8
Chocolate Peanut Butter	1 donut	340	20	6	3	3	8
Raspberry Filled	1 donut	180	14	5	3	2	5
Blueberry Filled	1 donut	175	14	5	3	2	5
Lemon Curd	1 donut	340	20	6	3	3	8
Cinnamon Cream Cheese Filled	1 donut	196	26	3	1	2	6
Jams							
Strawberry Chia	1 tbsp	26	1	3	2	1	1

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Raspberry Chia	1 tbsp	13	0.6	2	1	1	0.6
Blackberry Chia	1 tbsp	30	1	3	2	1	1
Hot Lunch							
Cheese Pizza	1 whole pizza	247	17.6	6	2	4	14.8
Pepperoni Pizza	1 whole pizza	297	22.2	6	2	4	16.4
Crab Pretzel Melt	1 whole crab pretzel	442	43	9	3	6	9
Drinks							
Hot Chocolate	8 oz	338	24.6	5.2	3	2.2	20
Chai	8 oz	133	13	4	1	3.6	1.6

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