

Product	Butter Croissant	Almond Croissant	Chocolate Croissant	Cheese Danish	Apple Danish	Cherry Danish	Coconut Cream Danish	Cinnamon Walnut Danish	French Vanilla Cream Danish	Blueberry Cheese Danish	Strawberry & Cream Danish
Serving Size - g	85	100	100	57	57	57	57	57	57	57	57
Serving per container	1	1	1	2	2	2	2	2	2	2	2
Calories	310	360	380	210	190	200	210	220	200	200	200
Calories From Fat	150	170	190	110	90	100	100	110	90	90	90
Total Fat - g	17	19	21	12	10	11	12	13	10	10	10
Saturated Fat - g	9	9	11	6	4.5	5	5	5	4.5	4.5	4
Trans Fat - g	0	0	0	0	0	0	0	0	0	0	0
Cholesterol - gm	20	20	20	15	10	10	10	10	20	10	15
Sodium - mg	340	350	340	210	190	200	210	220	210	200	200
Total Carbohydrates - g	33	40	44	22	19	23	22	23	23	24	24
Dietary Fiber - g	1	1	2	1	1	1	1	1	1	1	1
Sugars - g	6	11	15	7	6	8	8	7	8	6	6
Protein - g	6	7	6	4	4	4	4	4	4	4	4
Vitamin A - % daily value	10%	10%	10%	6%	6%	6%	8%	8%	6%	6%	6%
Vitamin C - % daily value	6%	6%	6%	4%	4%	4%	4%	4%	4%	4%	4%
Calcium - % daily value	4%	4%	4%	2%	2%	2%	2%	2%	2%	2%	2%
Iron - % daily value	8%	10%	15%	6%	6%	6%	6%	6%	4%	4%	4%
Ingredients: note: any and all trans fat is naturally occurring (not artificial), from butter	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Butter, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Sugar, Milk Powder, High-Fructose Corn Syrup, Yeast, Salt, Wheat Gluten, Monoglyceride, DATEM, Calcium Propionate (added to preserve freshness), Guar Gum, Enzyme, Ascorbic Acid	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Almond Cream (Kernel Paste, Sugar, Apple Sauce, Flour, Milk, Margarine, Water, Modified Food Starch, Whey Powder, Soy Flour, Molasses, Almond Emulsion), Water, Butter, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Sugar, Milk Powder, High-Fructose Corn Syrup, Yeast, Salt, Wheat Gluten, Monoglyceride, DATEM, Calcium Propionate (added to preserve freshness), Guar Gum, Enzyme, Ascorbic Acid	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chips, Water, Butter, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Sugar, Milk Powder, High-Fructose Corn Syrup, Yeast, Salt, Wheat Gluten, Monoglyceride, DATEM, Calcium Propionate (added to preserve freshness), Guar Gum, Enzyme, Ascorbic Acid	Enriched Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheese Filling (Cream Cheese, Corn Syrup, Water, Sugar, Modified Food Starch, Lemon Juice, Citric Acid, Apple Juice Concentrate, Cinnamon, Potassium Sorbate), Salt, Nutmeg, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Whole Eggs, High-Fructose Corn Syrup, Milk Powder, Yeast, Wheat Gluten, Soy Flour, Salt, Monoglyceride, Natural & Artificial Flavor, Emulsifier, DATEM, Guar Gum, Calcium Propionate (added to preserve freshness), Enzyme, Beta Carotene, Ascorbic Acid	Enriched Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Apple Filling (Apples, High-Fructose Corn Syrup, Water, Sugar, Modified Corn Starch, Lemon Juice, Citric Acid, Apple Juice Concentrate, Cinnamon, Potassium Sorbate), Salt, Nutmeg, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Whole Eggs, High-Fructose Corn Syrup, Milk Powder, Yeast, Wheat Gluten, Soy Flour, Salt, Monoglyceride, Natural & Artificial Flavor, Emulsifier, DATEM, Guar Gum, Calcium Propionate (added to preserve freshness), Enzyme, Beta Carotene, Ascorbic Acid	Enriched Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cherry Cheese Filling (Cream Cheese, Cherries, Corn Syrup, Water, Sugar, Egg Whites, Modified Food Starch, Yogurt, Coconut Extract, Gum, Salt, Potassium Sorbate), Citric Acid, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Whole Eggs, High-Fructose Corn Syrup, Milk Powder, Yeast, Wheat Gluten, Soy Flour, Salt, Monoglyceride, Natural & Artificial Flavor, Emulsifier, DATEM, Guar Gum, Calcium Propionate (added to preserve freshness), Enzyme, Beta Carotene, Ascorbic Acid	Enriched Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Coconut Filling (Water, Sugar, Coconut Flakes, Margarine, Milk Powder, Sour Cream, Lactose, Starch, Yogurt, Coconut Extract, Gum, Salt, Potassium Sorbate), Citric Acid, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Whole Eggs, High-Fructose Corn Syrup, Milk Powder, Yeast, Wheat Gluten, Soy Flour, Salt, Monoglyceride, Natural & Artificial Flavor, Emulsifier, DATEM, Guar Gum, Calcium Propionate (added to preserve freshness), Enzyme, Beta Carotene, Ascorbic Acid	Enriched Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vanilla Cream Filling (Sugar, Water, Heavy Cream, Egg Sweetener, Mono & Diglycerides, Citric Acid, Egg Yolk, Margarine, Modified Protein Concentrate, Butter, Non Fat Milk Powder, Fat Milk Powder, Vanilla Flavor, Xanthan Gum, Locust Bean Gum, Guar Gum, Citric Acid, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Whole Eggs, High-Fructose Corn Syrup, Milk Powder, Yeast, Wheat Gluten, Soy Flour, Salt, Monoglyceride, Natural & Artificial Flavor, Emulsifier, DATEM, Guar Gum, Calcium Propionate (added to preserve freshness), Enzyme, Beta Carotene, Ascorbic Acid	Enriched Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cream Cheese Filling (Cream Cheese, High Fructose Corn Syrup, Water, Sweetener, Mono & Diglycerides, Citric Acid, Egg Yolk, Margarine, Modified Protein Concentrate, Butter, Non Fat Milk Powder, Fat Milk Powder, Vanilla Flavor, Xanthan Gum, Locust Bean Gum, Guar Gum, Citric Acid, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Whole Eggs, High-Fructose Corn Syrup, Milk Powder, Yeast, Wheat Gluten, Soy Flour, Salt, Monoglyceride, Natural & Artificial Flavor, Emulsifier, DATEM, Guar Gum, Calcium Propionate (added to preserve freshness), Enzyme, Beta Carotene, Ascorbic Acid	Enriched Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cream Cheese Filling (Cream Cheese, High Fructose Corn Syrup, Water, Sweetener, Mono & Diglycerides, Citric Acid, Egg Yolk, Margarine, Modified Protein Concentrate, Butter, Non Fat Milk Powder, Fat Milk Powder, Vanilla Flavor, Xanthan Gum, Locust Bean Gum, Guar Gum, Citric Acid, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Whole Eggs, High-Fructose Corn Syrup, Milk Powder, Yeast, Wheat Gluten, Soy Flour, Salt, Monoglyceride, Natural & Artificial Flavor, Emulsifier, DATEM, Guar Gum, Calcium Propionate (added to preserve freshness), Enzyme, Beta Carotene, Ascorbic Acid	Enriched Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cream Cheese Filling (Cream Cheese, High Fructose Corn Syrup, Water, Sweetener, Mono & Diglycerides, Citric Acid, Egg Yolk, Margarine, Modified Protein Concentrate, Butter, Non Fat Milk Powder, Fat Milk Powder, Vanilla Flavor, Xanthan Gum, Locust Bean Gum, Guar Gum, Citric Acid, Margarine (Palm Oil, Rape Seed Oil, Coconut Oil, Water, Salt, Mono & Diglycerides, Citric Acid, Flavor, Vitamin A), Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Whole Eggs, High-Fructose Corn Syrup, Milk Powder, Yeast, Wheat Gluten, Soy Flour, Salt, Monoglyceride, Natural & Artificial Flavor, Emulsifier, DATEM, Guar Gum, Calcium Propionate (added to preserve freshness), Enzyme, Beta Carotene, Ascorbic Acid