

Desserts	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Coconut Cranberry Rice Pudding (Get the Good Stuff)	108 grams	175	4	2	0	17	101	32	1	20	5	4	0	14	4
Coconut Cream Pudding (Get the Good Stuff)	118 mL	141	3	2	0	8	163	24	0	19	4	4	0	12	0
Coconut Raisin Rice Pudding (Get the Good Stuff)	108 grams	175	3	2	0	17	101	31	1	20	5	4	0	14	5
Instant Pudding, Banana (Get the Good Stuff)	118 mL	111	2	1	0	7	311	21	0	19	3	4	0	11	0
Instant Pudding, Butterscotch (Get the Good Stuff)	118 mL	111	2	1	0	7	311	21	0	19	3	4	0	11	0
Instant Pudding, Chocolate (Get the Good Stuff)	118 mL	111	2	1	0	7	270	21	0	17	4	4	0	11	0
Orange Tapioca Pudding (Get the Good Stuff)	118 mL	112	2	1	0	7	118	21	0	16	3	4	0	11	0
Spiced Peach Cobbler (Get the Good Stuff)	98 grams	151	4	0	0	24	148	27	1	13	3	6	2	6	7
Vanilla Tapioca Pudding (Get the Good Stuff)	118 mL	112	2	1	0	7	118	21	0	16	3	4	0	11	0
Almond Biscotti	34 grams	146	6	1	0	30	108	18	1	7	4	1	0	3	7
Almond Quinoa Biscotti	34 grams	161	6	1	0	32	108	21	2	6	4	1	0	3	10
Apple Cranberry & Walnut Crisp	152 grams	370	12	1	0	0	120	64	3	45	3	0	5	3	8
Apple Crisp	135 grams	288	7	0	0	0	119	54	2	37	2	0	3	2	6
Apple Peach Crisp	120 grams	223	9	0	0	0	106	34	2	20	2	3	2	0	3
Banana Cupcake	72 grams	188	4	1	0	23	213	37	1	25	2	4	3	2	5
Banana Pudding	118 mL	132	2	1	0	8	171	25	0	20	4	4	0	12	0
Brownie Cupcakes	45 grams	233	11	2	0	18	84	32	2	22	2	0	0	1	12
Caramel Pecan Cupcake	66 grams	211	7	2	0	26	246	36	1	25	3	4	0	3	6
Carrot Cake with Cream Cheese Icing	100 grams	438	23	5	0	78	413	54	2	36	6	9	2	8	13
Cheesecake	131 grams	330	11	6	0	10	396	51	1	40	9	3	2	30	4
Cherry Pie	143 grams	296	7	2	0	0	168	56	1	40	2	2	5	1	6
Chili Chocolate Chip Cookies	42 grams	188	9	5	1	33	96	26	1	16	3	5	0	2	7
Chocolate Chip Coconut Walnut Bar	56 grams	238	12	3	0	18	75	31	2	22	3	0	0	1	10
Chocolate Chip Cookies	42 grams	188	9	5	1	33	96	26	1	16	3	5	0	2	7
Chocolate Coconut Macaroon	54 grams	217	10	8	0	10	204	31	3	19	2	0	0	3	7
Chocolate Walnut Cake	127 grams	490	18	5	1	81	518	75	1	46	8	1	0	10	16
Coconut Chocolate Chip Scones	63 grams	217	9	4	0	20	426	29	1	6	5	1	0	5	11
Coconut Macaroon	63 grams	216	10	8	0	10	204	30	3	19	2	0	0	2	6
Cranberry Sunflower Quinoa Biscotti	31 grams	159	6	1	0	32	108	22	1	8	4	1	0	3	10
Cranberry Walnut Biscotti	31 grams	148	6	1	0	33	108	20	1	8	3	1	0	2	7
Cream Cheese Brownie	108 grams	491	19	4	0	39	208	76	3	55	5	2	0	3	23
Devil's Food Chocolate Cake	65 grams	207	5	2	0	24	251	40	1	30	2	0	0	2	4
Double Chocolate Almond Cookies	39 grams	192	11	3	1	18	112	24	2	15	3	0	0	3	8
Double Chocolate Chip Cookies	22 grams	101	5	3	0	19	78	13	1	8	1	4	0	1	4
Jello - Cherry	148 grams	77	0	0	0	0	37	19	0	18	1	0	0	0	0
Jello - Lemon	148 grams	77	0	0	0	0	37	19	0	18	1	0	0	0	0
Jello - Lime	148 grams	77	0	0	0	0	37	19	0	18	1	0	0	0	0
Jello - Orange	148 grams	77	0	0	0	0	37	19	0	18	1	0	0	0	0
Jello - Peach	148 grams	77	0	0	0	0	37	19	0	18	1	0	0	0	0
Jello - Raspberry	148 grams	77	0	0	0	0	37	19	0	18	1	0	0	0	0
Jello - Strawberry	148 grams	77	0	0	0	0	37	19	0	18	1	0	0	0	0
Lemon Pie Tartlets	32 grams	91	4	1	0	3	51	12	0	6	1	1	0	0	3
Lemon Pie	119 grams	199	7	2	0	15	186	34	0	19	2	0	0	1	4
Magic Squares - small	102 grams	419	27	13	1	28	88	43	3	35	6	6	0	3	7
Mint Brownie	46 grams	193	8	1	0	17	64	28	1	20	2	0	0	1	9
Mochaccino Mugs	102 grams	222	11	9	0	13	114	26	0	20	4	2	0	7	5

Desserts	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Molten Chocolate Cake	92 grams	389	24	11	1	114	106	41	2	22	5	13	0	5	15
Oatmeal Chocolate Chip Cookies	29 grams	123	4	1	0	0	97	18	1	8	2	0	0	2	4
Oatmeal Cookies	27 grams	112	4	1	0	0	97	16	1	6	2	0	0	2	4
Oatmeal Drop Cookies	37 grams	144	7	1	0	0	74	20	2	12	2	0	0	1	2
Oatmeal Raisin Cookies	40 grams	152	5	0	0	12	179	25	1	13	2	0	0	4	7
Orange Tapioca Pudding Pies	107 grams	194	8	3	0	7	210	27	0	13	4	3	0	11	4
Orange Tapioca Pudding Tartlets	31 grams	88	4	1	0	1	54	11	0	4	1	1	0	2	3
Peanut Butter Devil's Food Cupcake	76 grams	246	8	2	0	34	399	40	2	26	5	1	0	5	7
Pineapple Upside-Down Cupcakes	66 grams	176	6	3	0	32	193	30	1	22	2	7	5	3	5
Raspberry Oatmeal Bar	100 grams	399	15	2	0	21	333	61	2	30	5	0	0	6	11
Rice Krispie Squares	41 grams	175	6	0	0	0	237	30	0	14	1	0	0	0	15
Shortbread Cookies	35 grams	188	12	8	1	32	27	18	0	5	2	10	0	0	4
Strawberry Oatmeal Bar	100 grams	331	15	2	0	21	327	44	2	18	5	0	0	6	11
Strawberry Shortcake Cupcake	72 grams	154	4	2	0	24	222	26	0	17	3	4	5	5	4
Strawberry Shortcake Parfait Cup	58 grams	121	3	1	0	17	153	21	1	14	2	3	15	4	3
Sugar Cookies - small	22 grams	102	4	2	0	19	52	15	0	10	1	3	0	1	3
Vanilla Tapioca Pudding Pies	107 grams	194	8	3	0	7	210	27	0	13	4	3	0	11	4
Vanilla Tapioca Pudding Tartlets	31 grams	88	4	1	0	1	54	11	0	4	2	1	0	2	3
Vol Au Vent (Puff Pastry)	47 grams	136	4	1	0	0	104	24	1	1	3	0	0	0	5

Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.