Apple
(without frosting)

Nutrition Facts
Serving Size 1/10 Braid (47 grams)
Servings Per Container 10

Amount Per Serving		
Calories 130	Calories from Fat 20	
		% Daily Value*
Total Fat 2g		3%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 5mg		1%
Sodium 210mg		9%
Total Carbohydrate 23g		8%
Dietary Fiber less than 1g		3%
Sugars 7g		
Protein 3g		
Vitamin A 0%	• Vitamin C 10%	
Calcium 0%	• Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Caramel Pecan
(without frosting)

Nutrition Facts
Serving Size 1/12 Braid (39 grams)
Servings Per Container 12

Amount Per Serving		
Calories 140	Calories from Fat 40	
		% Daily Value*
Total Fat 4.5g		7%
Saturated Fat 1.5g		7%
Trans Fat 0g		
Cholesterol 0mg		1%
Sodium 170mg		7%
Total Carbohydrate 22g		7%
Dietary Fiber less than 1g		3%
Sugars 7g		
Protein 3g		
Vitamin A 4%	• Vitamin C 0%	
Calcium 0%	• Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cherry
(without frosting)

Nutrition Facts
Serving Size 1/10 Braid (47 grams)
Servings Per Container 10

Amount Per Serving		
Calories 130	Calories from Fat 20	
		% Daily Value*
Total Fat 2g		3%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 5mg		1%
Sodium 160mg		7%
Total Carbohydrate 24g		8%
Dietary Fiber less than 1g		3%
Sugars 7g		
Protein 4g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 0%	• Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cinnamon
(without frosting)

Nutrition Facts
Serving Size 1/12 Braid (39 grams)
Servings Per Container 12

Amount Per Serving		
Calories 130	Calories from Fat 25	
		% Daily Value*
Total Fat 3g		5%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		1%
Sodium 160mg		7%
Total Carbohydrate 24g		8%
Dietary Fiber less than 1g		3%
Sugars 8g		
Protein 3g		
Vitamin A 2%	• Vitamin C 0%	
Calcium 0%	• Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cream Cheese
(without frosting)

Nutrition Facts
Serving Size 1/10 Braid (47 grams)
Servings Per Container 10

Amount Per Serving		
Calories 120	Calories from Fat 30	
		% Daily Value*
Total Fat 3.5g		5%
Saturated Fat 2g		9%
Trans Fat 0g		
Cholesterol 6mg		2%
Sodium 190mg		8%
Total Carbohydrate 20g		7%
Dietary Fiber less than 1g		3%
Sugars 5g		
Protein 3g		
Vitamin A 2%	• Vitamin C 0%	
Calcium 0%	• Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Raspberry
(without frosting)

Nutrition Facts
Serving Size 1/10 Braid (47 grams)
Servings Per Container 10

Amount Per Serving		
Calories 130	Calories from Fat 20	
		% Daily Value*
Total Fat 2g		3%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 5mg		1%
Sodium 200mg		8%
Total Carbohydrate 25g		8%
Dietary Fiber less than 1g		3%
Sugars 8g		
Protein 3g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 0%	• Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Strawberry Cream Cheese
(without frosting)

Nutrition Facts
Serving Size 1/10 Braid (47 grams)
Servings Per Container 10

Amount Per Serving		
Calories 130	Calories from Fat 25	
		% Daily Value*
Total Fat 2.5g		4%
Saturated Fat 1g		6%
Trans Fat 0g		
Cholesterol 5mg		1%
Sodium 200mg		8%
Total Carbohydrate 24g		8%
Dietary Fiber less than 1g		3%
Sugars 7g		
Protein 3g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 0%	• Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Frosting

Nutrition Facts
Serving Size 1/10 Packet (10 grams)
Servings Per Container 10

Amount Per Serving		
Calories 35	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 8g		3%
Dietary Fiber 0g		0%
Sugars 8g		
Protein 0g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 0%	• Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

DOUGH: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, non GMO palm margarine (palm oil, water, salt, vegetable monoglycerides, natural butter flavor [milk], sodium benzoate [a preservative], citric acid, vitamin A palmitate added and beta carotene [color]), sugar, milk solids (milk protein concentrate, nonfat dry milk, lactose), powdered egg blend (wheat flour, soybean oil, cellulose gum, whole egg solids, lecithin, sodium bicarbonate, salt, annatto and turmeric), yeast, salt, dough conditioner (wheat flour, dextrose, diacetyl tartaric acid esters of mono and diglycerides [DATEM], contains 2% or less of soy oil, ascorbic acid, enzyme).

FROSTING: Powdered sugar, water, vegetable oil spread (vegetable oil blend [partially hydrogenated soybean oil and liquid soybean oil], water, salt, whey, vegetable mono and diglycerides, soy lecithin, potassium sorbate and citric

APPLE FILLING: Water, high fructose corn syrup, evaporated apples (preserved with sulfur dioxide), modified food starch, sugar, citric acid, salt, sodium citrate, sodium benzoate and potassium sorbate (as preservatives), spices, gellan gum, ascorbic acid, artificial flavor, calcium chloride.

CARAMEL PECAN FILLING: Brown sugar, enriched wheat flour (bleached wheat flour, malted barley flour, potassium bromate, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil spread (vegetable oil blend [partially hydrogenated soybean oil and liquid soybean oil], water, salt, whey [milk], vegetable mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavor, colored with beta carotene, vitamin A palmitate added), pecans, non-GMO margarine (palm oil, water, salt, vegetable monoglycerides, natural butter flavor [milk], sodium benzoate [a preservative], citric acid, vitamin A palmitate added and beta carotene [color]), water.

CHERRY FILLING: Water, cherries, sugar, corn syrup, modified food starch,

CINNAMON FILLING: Sugar, enriched wheat flour (bleached wheat flour, malted barley flour, potassium bromate, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil spread (vegetable oil blend [partially hydrogenated soybean oil and liquid soybean oil], water, salt, whey, vegetable mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavor, colored with beta carotene, vitamin A palmitate added), water, cinnamon.

CREAM CHEESE FILLING: Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), water, sugar, food starch- modified, corn syrup, potassium sorbate and benzoic acid and sodium propionate (as preservatives), salt, lactic acid, titanium dioxide (as color), silicone delta lactone, propylene glycol, natural and artificial flavor, polysorbate 80, sodium citrate, gellan gum, glycerin, yellow 5, yellow 6, caramel color.

RASPBERRY FILLING: High fructose corn syrup, water, red raspberries

STRAWBERRY CREAM CHEESE FILLING: Cream Cheese Filling: Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), water, sugar, food starch- modified, corn syrup, potassium sorbate and benzoic acid and sodium propionate (as preservatives), salt, lactic acid, titanium dioxide (as color), glucono delta lactone, propylene glycol, natural and artificial flavor, polysorbate 80, sodium citrate, gellan gum, glycerin, yellow 5, yellow 6, caramel color; Strawberry Filling: High fructose corn syrup, strawberries, sugar, water, corn syrup, food starch-modified, sodium citrate, citric acid, salt, gellan gum, sodium benzoate and potassium sorbate (as preservatives), artificial flavor, red 40, blue 1, propylene glycol.

Contains the following allergens: Wheat, Milk, Soybeans, Eggs.
Allergy Information: Manufactured on equipment that processes products containing nuts.

0g Trans Fat per serving

Product of USA

Shelf Life: See box date label; If thawed, 7 days refrigerated.