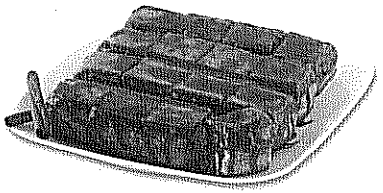
Cinnamon Pull-Aparts



Cinnamon Pull-Aparts Warming Directions

1. Remove plastic wrap
2. Detach perforated lid
3. Open side flaps (or detach)
4. Place box so pull-aparts are face down on a microwavable plate
5. Microwave at medium high for 2 minutes and 45 seconds*
6. Carefully lift box from pull-aparts (product will be hot)
7. If desired, scrape remaining cinnamon topping from box and place on pull-aparts
8. Let cool 2 to 3 minutes
9. Serve and enjoy!

*Microwaves vary – heating times are approximate and may need adjustment.

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

Ingredients

Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), powdered sugar, water, sugar, 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]), milk solids (milk protein concentrate, nonfat dry milk, lactose), soybean oil, vegetable spread (liquid and partially hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, potassium sorbate and sodium benzoate as preservatives, citric acid, natural and artificial flavor, colored with beta carotene, vitamin A palmitate added, whey), powdered egg (wheat flour, soybean oil, cellulose gum, whole egg solids, lecithin, sodium bicarbonate, salt, annatto and turmeric), cinnamon, yeast, nonfat dry milk, 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), vanilla.

Nutrition Facts

Serving Size 2 Pull-Aparts (57 grams)
Servings Per Container 8

Amount Per Serving	
Calories 180	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	1%
Sodium 170mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 16g	
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:

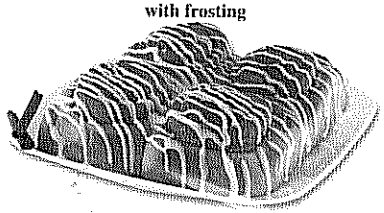
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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

Net Wt. 16 oz. (454g)

Cinnamon Rolls
with frosting



Cinnamon Rolls Warming Directions

1. Remove plastic wrap
2. Remove cinnamon rolls from box and place on a microwavable plate
3. Microwave at medium high for 2 minutes or until warm in the center*
4. Let cool 2 to 3 minutes
5. Snip corner of packet and drizzle rolls with desired amount of frosting (frosting should be room temperature)
6. Serve and enjoy!

Single Roll Warming Directions

Microwave for 20-30 seconds until warm in the center.

*Microwaves vary – heating times are approximate and may need adjustment.

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

Ingredients

Rolls: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, 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]), milk solids (milk protein concentrate, nonfat dry milk, lactose), vegetable spread (liquid and partially hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, potassium sorbate and sodium benzoate [as preservatives], citric acid, natural and artificial flavor, beta carotene [color], vitamin A palmitate added, whey), powdered egg (wheat flour, soybean oil, cellulose gum, whole egg solids, lecithin, sodium bicarbonate, salt, annatto and turmeric), yeast, salt, cinnamon, 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 spread (liquid and partially hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, potassium sorbate and sodium benzoate [as preservatives], citric acid, natural and artificial flavor, beta carotene [color], vitamin A palmitate added, whey), nonfat dry milk, vanilla.

Cinnamon Roll

Nutrition Facts

Serving Size 1 Roll (93 grams)
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 330mg	13%
Total Carbohydrate 49g	16%
Dietary Fiber 2g	7%
Sugars 16g	
Protein 6g	
Vitamin A 4%	• Vitamin C 0%
Calcium 6%	• Iron 10%

*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 1/4 Packet (25 grams)
Servings Per Container 4

Amount Per Serving	
Calories 85	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 20g	
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:

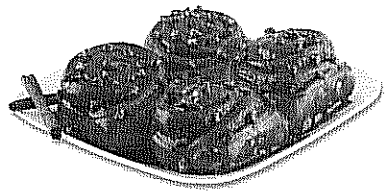
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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

Net Wt. 16 oz. (454g)

Cinnamon Pecan Sticky Buns



Cinnamon Pecan Sticky Buns Warming Directions

1. Remove plastic wrap
2. Detach perforated lid
3. Open side flaps (or detach)
4. Place box so sticky buns are face down on a microwavable plate
5. Microwave at medium high for 2 minutes and 45 seconds*
6. Carefully lift box from sticky buns (product will be hot)
7. If desired, scrape remaining cinnamon topping from box and place on sticky buns
8. Let cool 2 to 3 minutes
9. Serve and enjoy!

*Microwaves vary – heating times are approximate and may need adjustment.

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

Ingredients

Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), powdered sugar, water, sugar, 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]), pecans, milk solids (milk protein concentrate, nonfat dry milk, lactose), cinnamon, soybean oil, powdered egg (wheat flour, soybean oil, cellulose gum, whole egg solids, lecithin, sodium bicarbonate, salt, annatto and turmeric), vegetable spread (liquid and partially hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, potassium sorbate and sodium benzoate as preservatives, citric acid, natural and artificial flavor, colored with beta carotene, vitamin A palmitate added, whey), yeast, salt, nonfat dry milk, dough conditioner (wheat flour, dextrose, diacetyl tartaric acid esters of mono and diglycerides [DATEM], contains 2% or less of soy oil, ascorbic acid, enzyme), vanilla.

Nutrition Facts

Serving Size 1 Sticky Bun (128 grams)
Servings Per Container 4

Amount Per Serving	
Calories 440	Calories from Fat 120
	% Daily Value*
Total Fat 14g	21%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 340mg	14%
Total Carbohydrate 74g	25%
Dietary Fiber 3g	12%
Sugars 40g	
Protein 7g	
Vitamin A 8%	• Vitamin C 0%
Calcium 4%	• Iron 10%

*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

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

Net Wt. 18 oz. (510g)