

# Breakfast Pastries

## Nutritional Information

<b>Pastries</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
Danish	140	6	<5	115	19	2	<1
Plain Donut	250	15	10	280	27	3	1
Powdered Donut	280	15	10	280	33	3	1
Crunch Donut	300	15	5	270	38	3	1
Raspberry Turnover	399	15	0	105	62	3	1

<b>Muffins</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
Blueberry	185	5	18	253	32	2	0
Orange Cranberry	180	5	0	210	30	2	0
Corn	142	4.5	26	300	24	2.25	0
Lemon Poppy Seed	160	5	5	210	27	2	0
Chocolate Chip	243	8	18	253	40	2	0
Butterfinger	294	9	18	309	49	4	0