



HOLIDAY STORES NUTRITION INFORMATION June 2018

Anchorage BAKERY

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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ANCHORAGE AREA FRESH BAKERY

Glazed Ring Donut	85	350	110	12	4.5	0	0	290	56	<1	26	6	0	2	0	10
Chocolate Iced Ring Donut	86	400	190	21	9	0	0	310	47	1	16	6	0	2	0	10
Sprinkled Chocolate Iced Ring Donut	90	420	200	22	10	0	0	310	50	1	17	6	0	2	0	10
Maple Iced Long John	121	510	180	21	9	0	0	400	75	1	34	7	0	2	0	15
Maple Bacon Fry	79	350	140	16	6	0	15	520	41	1	11	8	0	2	0	10
Raised Glazed Twist	121	490	130	14	5	0	0	390	82	2	27	10	0	2	0	20
Chocolate Iced Bavarian Filled Long John	162	560	220	24	10	0	0	480	79	2	34	7	0	2	0	15
Glazed Raspberry Filled Bismark	169	700	300	34	16	0	0	340	95	1	56	6	0	4	0	10
Maple Iced Bavarian Filled Bismark	141	610	310	34	16	0	0	370	67	1	31	6	0	2	0	10
Glazed Small Croissant	60	290	190	21	12	0	20	90	24	0	13	2	4	4	0	4
Glazed Raised Donut Hole Cup	177	750	240	27	10	0	0	780	114	2	42	13	0	2	2	25
Apple Fritter	210	840	340	38	17	0	30	640	114	3	51	11	0	4	4	20
Blueberry Fritter	172	790	340	38	17	0	<5	590	102	2	43	11	0	4	2	20
Raspberry Fritter	172	790	340	38	17	0	0	590	100	2	42	11	0	4	2	20
Cinnamon Roll	185	810	300	33	13	0	0	830	114	4	34	15	0	4	4	25
Old Fashioned Glazed Donut	142	670	290	32	16	0	20	450	88	1	57	6	0	0	4	15
Glazed Buttermilk Cruller Cake Donut	88	360	90	11	4.5	0	0	530	61	<1	34	4	0	0	4	10
Glazed Blueberry Cake Donut	99	510	280	31	16	0	15	380	54	<1	34	4	0	0	0	6
Glazed Strawberry Cake Donut w/Drizzle	105	450	160	17	8	0	10	490	68	1	42	5	0	0	2	8
Glazed Pumpkin Spice Cake Donut	88	350	150	17	8	0	10	400	44	1	23	4	35	0	2	8
Glazed Double Chocolate Iced Cake Donut	91	400	160	18	8	0	0	490	57	1	35	4	0	0	4	10
Glazed Lemon Cake Donut w/Drizzle	105	450	160	17	8	0	10	490	69	1	42	5	0	0	2	8
Plain Cake Donut	71	420	280	31	16	0	10	390	31	<1	11	4	0	0	0	6

STORE BAKED COOKIES (Bakery Case)

Chocolate Chunk	78	350	160	18	9	0	25	260	46	2	19	4	6	0	4	8
Chocolate Chip w/ Chocolate Candies	78	350	150	17	8	0	25	260	47	1	21	4	6	0	4	6
Oatmeal Raisin	78	320	120	13	6	0	25	260	47	2	20	4	6	0	6	10
Reese's Pieces Peanut Butter	78	370	180	20	8	0	25	330	42	2	19	6	4	0	6	6
White Chocolate Macadamia	78	370	170	19	10	0	25	260	44	<1	19	4	4	0	8	6
Snickerdoodle	78	350	140	15	9	0	45	270	47	<1	25	4	15	0	0	0
Sugar	78	340	130	14	7	0	30	340	47	<1	24	4	8	0	0	0
Caramel Apple Oatmeal	78	330	140	16	9	0	10	190	46	2	22	4	10	0	4	8
Oatmeal Cranberry Walnut	78	440	200	22	7	0	20	260	47	2	27	6	6	0	4	6
S'mores	78	300	130	14	7	0	25	210	38	1	24	4	4	0	2	2
Salted Caramel Chocolate	78	350	140	15	8	0	20	360	49	1	32	4	4	0	4	2
Chocolate Chunk Cookie Cup	195	880	410	45	23	0	65	650	115	5	48	10	15	0	10	20

MUFFINS (Bakery Case)

Blueberry Muffin	156	540	-	27	6	0	105	470	67	1	37	7	-	-	5	11
Banana Chocolate Chip Muffin	156	640	-	33	10	0	100	460	81	3	49	8	-	-	5	11
Cranberry Orange Struessel Muffin	156	570	-	29	6	0	90	430	69	2	36	8	-	-	6	11
Lemon Poppyseed Muffin	156	560	-	28	6	0	110	490	68	1	36	8	-	-	8	11
Triple Berry Yogurt Muffin	156	490	-	24	5	0	85	420	61	2	33	7	-	-	5	0
Caramel Apple Cinnamon Muffin	156	520	-	24	6	0	90	440	70	2	43	6	-	-	8	0
Salted Caramel Nut Muffin	167	670	-	32	8	0	110	560	85	1	54	8	-	-	9	11

Anchorage FRESH FOOD

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Anchorage, AK Stores - Misc Food Items

Chef Salad	295	240	130	14	8	0.5	130	670	7	2	2	18	110	80	35	15
Side Salad	113	60	35	3.5	2.5	0	10	80	3	<1	<1	4	50	40	10	6
Veggie Tray with Ranch Dip	162	200	140	16	2.5	0	<5	340	10	1	7	1	220	70	4	8