Nutrition and Allergen Guide

	Serving Grams	Calories	Calories From Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat (g)	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrates (g)	% Daily Value	Dietary Fiber	% Daily Value	Sugars (g)	Protein (g)	Vitamin A % Daily Value	Vitamin C % Daily Value	Calcium % Daily Value	Iron % Daily Value	Allergens and Sensitivities									
																							Peanut	Tree Nut	Egg	Dairy	Soy	Wheat	Fish	Shell Fish	May Contain Dairy*	May Contain Nuts**
12" Pizza Kits																																
Cheese Pizza	101	230	80	9	14	4.5	23	0	25	8	550	23	28	9	2	8	3	11	8	4	30	10				X	X	X				
Pepperoni Pizza	110	280	110	12	18	6	30	0	30	10	700	29	28	9	2	8	3	12	10	4	35	10				X	X	X				
Whole Wheat Pizza	101	200	50	6	9	2	10	0	10	3	540	23	27	9	3	12	2	13	10	4	25	10				X	X	X				
Sausage Pizza	120	280	110	12	18	6	30	0	30	10	760	32	30	10	2	8	4	13	8	4	35	15				X	X	X				
White Pizza	85	230	70	8	12	4.5	23	0	25	8	430	18	29	10	2	8	2	10	4	0	30	10				X	X	X				
Buffalo Chicken Pizza	110	250	80	9	14	4.5	23	0	30	10	630	26	28	7	1	4	3	13	10	4	30	10				X	X	X				
Joe Jr. Pizza Kits																																
Joe Jrs. Cheese Pizza	125	280	90	10	15	5	25	0	25	8	670	28	36	12	2	8	4	12	10	6	35	15				X	X	X				
Joe Jrs. Pepperoni Pizza	132	310	110	13	20	6	30	0	30	10	790	33	36	12	2	8	4	14	10	6	40	15				X	X	X				
Joe Jrs. Breakfast Bacon	123	380	160	18	28	9	45	0	45	15	840	35	36	12	2	8	2	18	6	0	35	10				X	X	X				
Joe Jrs. Whole Wheat	125	250	60	7	11	2.5	13	0	10	3	650	27	34	11	4	16	3	15	10	6	30	15				X	X	X				
Joe Jrs. Pop Art Pizza	125	280	90	10	15	5	25	0	25	8	670	28	36	12	2	8	4	12	10	6	35	15				X	X	X				
Specialty Joe Jr Products																																
Dessert Delite	78	160	25	3	5	1.5	8	0	5	2	170	7	29	10	1	4	11	3	2	0	4	6				X	X	X				
Chee-Zee Bread	51	180	70	8	12	3.5	18	1	10	3	330	14	21	7	1	4	1	6	6	0	10	8				X	X	X				
Cinna Bread	48	170	60	7	11	4	20	0	15	5	160	7	26	9	1	4	10	3	4	0	2	6				X	X	X				
Southwest Queso	156	390	150	17	26	7	35	1.5	60	20	1060	44	43	14	2	8	4	22	15	4	25	10				X	X	X				
Pail Cookie Dough																																
Chocolate Chunk Supreme	28	130	60	6	10	2.5	13	0	10	3	115	5	18	6	0	0	11	1	0	0	0	4			X		X	X			X	X
White Chocolate Macademia Nut	28	130	60	7	11	3	15	0	10	3	105	4	17	6	0	0	11	1	0	0	0	4		X	X	X	X	X				X
Honey Oatmeal Raisin	28	110	40	4.5	7	1.5	8	0	5	2	125	5	17	6	1	2	9	1	0	0	0	4			X		X	X			X	X
Creamy Peanut Butter	28	120	50	6	9	2	9	0	10	4	160	7	15	5	0	0	8	2	0	0	0	4	X		X		X	X			X	X
Chocolate Peanut Butter Chip	28	130	60	6	10	2.5	14	0	10	3	90	4	16	5	1	3	10	2	0	0	2	6	X		X	X	X	X				X
Simply Sugar	28	120	50	5	8	2	10	0	10	3	70	3	17	6	0	0	9	1	0	0	0	4			X		X	X			X	X
Chocolate Candy made with M&M's ®	28	130	50	6	9	2.5	14	0	10	3	120	5	18	6	0	0	11	1	0	0	2	4			X	X	X	X				X
Crayola ® Pop Art Cookie Dough	28	120	50	5	8	2	10	0	10	3	80	3	17	6	0	0	9	1	0	0	0	4			X		X	X			X	X
Coconut Macaroon	28	120	60	7	11	5	27	0	10	4	60	3	14	5	1	6	10	1	0	0	0	4		X	X	X	X	X				X
Triple Deluxe Chocolate	28	130	50	6	10	2.5	13	0	10	4	120	5	17	6	1	2	11	1	0	0	0	6			X	X	X	X				X
Double Chocolate Supreme	28	130	60	7	10	2.5	13	0	10	3	120	5	17	6	0	0	11	1	0	0	2	4			X	X	X	X				X
Gluten Free Chocolate Chunk	28	130	60	7	10	3	15	0	10	3	120	5	17	6	1	4	11	1	0	0	2	4			X		X				X	X
Pre-Portioned Cookie Dough																																
Chocolate Chunk Supreme	28	130	60	6	10	2.5	13	0	10	3	130	5	18	6	0	0	11	1	0	0	0	4			X		X	X			X	X
White Chocolate Macademia Nut	28	140	60	7	11	3	15	0	10	3	115	5	17	6	0	0	11	1	0	0	0	4		X	X	X	X	X				X
Honey Oatmeal Raisin	28	120	40	4.5	7	1.5	8	0	5	2	130	5	17	6	1	3	9	1	0	0	0	4			X		X	X			X	X
Creamy Peanut Butter	28	120	50	6	9	2	9	0	10	4	160	7	15	5	1	2	8	2	0	0	0	4	X		X		X	X			X	X
Chocolate Peanut Butter Chip	28	130	60	6	10	2.5	14	0	10	3	90	4	16	5	1	3	10	2	0	0	2	6	X		X	X	X	X				X
Simply Sugar	28	120	50	6	8	2	10	0	10	3	70	3	17	6	0	0	9	1	0	0	0	4			X		X	X			X	X
Chocolate Candy made with M&M's ®	28	130	50	6	10	2.5	14	0	10	3	125	5	18	6	0	0	11	1	0	0	2	4			X	X	X	X				X
Coconut Macaroon	28	120	60	7	10	4.5	22	0	10	3	70	3	16	5	1	4	9	1	0	0	0	4		X	X	X	X	X				X
Triple Deluxe Chocolate	28	130	50	6	9	2.5	13	0	10	4	120	5	17	6	1	2	11	1	0	0	0	6			X	X	X	X				X

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Batters and Brownies																																
Blueberry Muffin Batter	113	380	170	20	30	2	10	0	0	0	370	15	48	16	0	0	27	5	0	0	2	8			X	X	X	X				X
Chocolate Chip Muffin Batter	113	410	190	21	32	2.5	13	0	0	0	380	16	51	17	0	0	30	5	0	0	2	10			X	X	X	X				X
Lemon Poppy Seed Muffin Batter	113	410	190	21	32	2.5	13	0	0	0	380	16	50	17	0	0	28	5	0	2	2	8			X	X	X	X				X
Brownies	43	160	60	7	11	0.5	4	0	0	0	130	5	25	8	1	3	17	2	0	0	0	6			X	X	X	X				X
Dog Cookies																																
Deluca Dog Cheddar & Oats																									X	X		X				X
Deluca Dog Peanut Butter																									X			X				X
Specialty Products																																
Grilled Cheese Pretzel	100	260	50	6	9	3	16	0	15	4	500	21	41	14	3	10	3	11	4	0	15	10				X	X	X				
Grilled Cheese Pretzel Log	64	148	28	3.5	5	2	9	0	9	3	286	12	23	8	2	10	2	7	2	0	4	7				X	X	X				
Pretzel Dog	113	310	140	16	25	6	30	0	35	12	680	28	30	10	2	16	3	11	2	0	0	10					X	X				
Jalapeno Cheese Pretzel	100	260	50	6	9	3	16	0	15	4	500	21	41	14	3	10	3	11	4	0	15	10				X	X	X				
Pepperoni Four Cheese Calzone	170	520	260	29	45	12	62	0	75	25	1230	51	38	13	1	5	21	27	8	8	35	15				X	X	X				
Philly Cheese Steak Calzone	170	460	210	23	35	9	46	0	65	22	1190	50	40	13	1	5	2	27	8	8	30	15				X	X	X				
Traditional New York Pretzel	98	260	15	1.5	2	0	0	0	0	0	250	10	52	17	3	11	0	9	0	0	0	10					X	X				
Variety Cheesecake	SEE NEW YORK, STRAWBERRY, CHOCOLATE AND RASPBERRY VARIETIES																															
New York Cheesecake	86	290	155	17	26	11	55	0	61	21	175	7	28	9	0	0	21	6	14	0	5	0			X	X	X	X				X
Strawberry Swirl Cheesecake	86	290	155	17	26	11	55	0	61	21	175	7	28	9	0	0	21	6	14	0	5	0			X	X	X	X				X
Chocolate Swirl Cheesecake	86	290	155	17	26	11	55	0	61	21	175	7	28	9	0	0	21	6	14	0	5	0			X	X	X	X				X
Raspberry Swirl Cheesecake	86	290	155	17	26	11	55	0	61	21	175	7	28	9	0	0	21	6	14	0	5	0			X	X	X	X				X
Churros	37	130	70	8	12	2	10	0	10	3	115	5	13	4	1	4	1	2	0	0	0	0					X	X				
Pumpkin Roll	78	240	60	7	11	3.5	18	0	45	15	350	15	41	14	0	0	27	3	4	0	8	0			X	X	X	X				X
Cinnamon Twists	56	210	70	7	11	2	9	1	0	0	160	7	33	11	1	3	17	4	2	0	4	6			X	X	X	X				X
Cinnamon Rolls	79	300	100	11	17	3	15	1.5	0	0	250	10	45	15	2	8	19	4	6	0	4	8			X	X	X	X				X
Apple Crumb Pie	113	250	90	10	15	5	28	0	0	0	220	9	42	14	1	6	18	2	2	0	2	6				X	X	X				X
Brownie Bottom French Vanilla Cream Pie	123	370	130	15	23	12	62	0	40	14	200	8	47	16	1	4	30	4	2	0	2	6			X	X	X	X				X
Banana Cream Pie	122	350	110	13	19	12	61	0	20	7	210	9	41	14	0	4	27	3	15	0	2	4				X	X	X				X
Chocolate Cream Pie	122	380	130	14	22	13	67	0	25	8	240	10	43	14	1	4	28	4	15	0	10	6				X	X	X				X
Chocolate Peanut Butter Pie	140	530	280	31	48	9	45	0	30	10	300	13	59	20	2	8	43	7	8	4	0	10	X			X	X	X				X
Fruits of the Forest Pie	136	380	200	22	34	9	46	0	0	0	330	14	44	15	2	10	18	3	0	10	4	8					X	X			X	X
Strawberry Short Cake	113	340	100	12	18	6	31	0	25	8	330	14	58	19	1	3	14	3	0	6	6	6			X	X	X	X				X
Carrot Cake	106	430	310	39	60	8	39	0	65	21	370	15	38	13	1	4	24	5	45	4	4	6		X	X	X	X	X				X

*Some products are manufactured on equipment that processes dairy products.

**Some products are manufactured on equipment that processes peanut and\or other nut products. M&M's® Candies may contain peanuts.

Last Updated: 06/2010