

Holiday Deli & Ham Co.

Nutritional Analysis

Soups

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Broccoli Cheese - Cup	199.2	8.7	15.0	11.8	31.0	6.3	0.2	9.4	1.0	992.3
Broccoli Cheese - Bowl	298.9	13.1	22.5	17.7	46.5	9.4	0.3	14.1	1.5	1488.5
Chicken Tortilla - Cup	464.3	16.0	49.0	20.9	24.9	0.3	0.0	6.0	6.9	7309.4
Chicken Tortilla - Bowl	696.5	24.0	73.5	31.4	37.4	0.5	0.1	9.1	10.3	10964.1
Chili - Cup	290.0	18.0	14.0	18.0	60.0	7.0	0.0	3.0	3.0	1060.0
Chili - Bowl	435.0	27.0	21.0	27.0	90.0	10.5	0.0	4.5	4.5	1590.0
Baked Potato - Cup	280.0	5.0	24.0	19.0	25.0	7.0	0.0	4.0	2.0	630.0
Baked Potato - Bowl	420.0	7.5	36.0	28.5	37.5	10.5	0.0	6.0	3.0	945.0
Lobster & Crab Bisque - Cup	279.2	8.8	18.4	18.5	33.9	3.1	0.2	9.8	0.4	968.7
Lobster & Crab Bisque - Bowl	418.8	13.2	27.6	37.7	50.8	9.2	0.3	14.7	0.6	1453.1
Tomato - Cup	171.7	5.8	18.0	8.4	13.9	3.3	0.0	7.3	0.8	1033.1
Tomato - Bowl	257.6	8.8	27.0	12.6	20.9	4.9	0.1	11.0	1.1	1550.2
Chicken Noodle - Cup	80.7	4.4	12.3	1.4	21.7	0.4	0.0	0.6	0.7	893.0
Chicken Noodle - Bowl	121.1	6.6	18.5	2.1	32.6	0.6	0.0	0.9	1.0	1339.5

Salads - All without Dressing

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Strawberry Mandarin	238.0	8.3	30.4	11.9	0.0	0.9	0.0	20.5	8.3	24.4
Cascade Salad	383.6	8.2	36.9	25.4	18.3	4.9	0.0	24.5	8.4	237.9
Chicken Caesar Salad	502.3	50.7	15.6	25.6	132.8	12.3	2.4	3.0	4.5	696.7
Asian Chicken Salad	833.4	47.6	49.8	53.3	74.5	8.6	0.0	19.9	12.0	555.2
Italian Chopped Chicken Salad	531.6	44.1	23.2	28.4	320.5	12.8	2.4	6.8	5.9	808.7
Southwest Chicken Salad	536.4	41.1	36.0	27.2	102.3	8.9	0.0	6.6	10.8	625.9
Cobb Salad	302.5	17.7	12.6	21.4	245.9	7.4	0.0	5.3	6.5	629.8
House Salad	361.5	13.2	15.6	28.2	45.9	12.6	2.4	3.6	3.6	318.2
Chef Salad	591.8	37.8	26.0	37.6	133.1	18.9	2.4	7.4	4.9	2095.1
Marlene's Healthy Choice w/ Chicken Salad	261.4	18.3	31.3	8.6	24.2	1.4	0.0	21.4	5.0	756.7
Marlene's Healthy Choice w/ Ham Salad	238.3	17.0	31.3	6.2	13.5	1.4	0.0	21.3	4.8	853.2
Marlene's Healthy Choice w/ Pimento Cheese	391.6	17.1	28.5	24.8	41.1	7.9	0.0	21.0	4.8	680.4
Marlene's Healthy Choice w/ Tuna Salad	251.8	17.5	29.0	8.6	20.8	1.5	0.0	21.6	4.8	595.9
Marlene's Healthy Choice w/ Egg & Olive	308.2	13.1	28.9	16.7	130.2	3.2	0.0	21.6	4.7	752.5
Marlene's Healthy Choice w/ Jalapeno Pimento	365.1	16.2	28.5	22.2	36.8	7.1	0.0	21.0	4.9	733.4
Salad Sampler - lettuce & tomato (choose 2 below)	22.0	1.3	4.7	0.2	0.0	0.0	0.0	3.1	1.7	12.2
Chicken Salad	189.5	14.6	7.2	12.2	35.6	1.5	0.0	1.2	0.6	725.0
Ham Salad	152.0	12.4	7.2	8.4	18.2	1.6	0.0	1.1	0.3	881.8
Pimento Cheese	401.2	12.6	2.5	38.5	63.1	12.1	0.1	0.7	0.3	601.0
Jalapeno Pimento Cheese	358.1	11.2	2.6	34.3	56.1	10.8	0.1	0.7	0.4	687.1
Tuna Salad	174.0	13.3	3.5	12.2	30.2	1.7	0.0	1.6	0.4	463.8
Egg & Olive	265.6	6.2	3.3	25.4	208.0	4.5	0.1	1.7	0.1	718.2
Balsamic Vinaigrette Dressing (2 tablespoons)	119.3	0.3	2.8	12.0	0.0	1.7	0.0	1.9	0.1	258.2
Cascade Dressing (2 tablespoons)	98.5	0.0	9.7	6.9	0.0	0.9	0.0	9.6	0.0	7.8
Caesar Dressing (2 tablespoons)	146.6	0.0	0.9	15.6	0.0	2.6	0.0	0.9	0.0	362.9
Honey Lime Vinaigrette Dressing (2 tablespoons)	144.7	0.1	9.6	12.3	0.0	1.4	0.0	8.8	0.1	106.2
Peanut Sauce (2 tablespoons)	195.7	4.3	5.8	18.3	0.0	2.9	0.0	3.7	1.0	189.4

Chipotle Lime Ranch Dressing (2 tablespoons)	114.8	0.8	2.3	11.5	6.5	1.9	0.1	1.0	0.0	188.7
Honey Mustard Dressing (2 tablespoons)	179.3	0.0	4.3	18.1	3.7	3.0	0.0	4.3	0.0	141.5
Lemon Basil Vinaigrette Dressing (2 tablespoons)	73.6	0.2	2.3	7.2	0.0	1.0	0.0	1.3	0.1	251.9
Thousand Island Dressing (2 tablespoons)	118.4	0.3	4.7	11.2	8.3	1.6	0.0	4.9	0.3	276.2
Ranch Dressing (2 tablespoons)	107.7	0.8	1.2	11.3	6.5	1.8	0.0	1.0	0.0	215.6
Blue Cheese Dressing (2 tablespoons)	170.1	0.9	0.3	17.9	18.4	3.4	0.0	0.0	0.0	161.6
Light Ranch (2 tablespoons)	100.0	1.0	1.0	10.0	10.0	1.5	0.0	1.0	0.0	270.0
Zesty Italian Dressing (2 tablespoons)	120.0	0.0	3.0	12.0	0.0	2.0	0.0	2.0	0.0	270.0

Our Favorites

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Papa's Pimento Cheese on Wheat Bread	648.1	22.0	49.2	41.8	63.1	12.1	0.1	9.6	3.3	1076.0
Jalapeno Pimento Cheese on Wheat Bread	605.0	20.6	49.3	37.5	56.1	10.8	0.1	9.6	3.5	1162.1
Pimento Plus BLT on Wheat Bread	834.8	34.8	52.5	55.3	98.3	16.5	0.1	11.0	4.4	1829.1
Pimento Plus Turkey on Wheat Bread	791.0	39.2	59.1	45.6	133.3	12.3	0.1	14.7	3.8	2606.9
Pimento Plus Ham on Wheat Bread	854.8	45.3	52.2	52.5	130.7	15.6	0.1	9.6	3.3	2706.4
Tuna Salad on Wheat Bread	420.9	22.6	50.2	15.5	30.2	1.7	0.0	10.5	3.4	938.8
Ham Salad on Wheat Bread	399.0	21.8	53.9	11.7	18.2	1.6	0.0	10.0	3.3	1356.8
Chicken Salad on Wheat Bread	436.5	24.0	53.9	15.5	35.6	1.5	0.0	10.1	3.6	1200.0
Traditional Club on Wheat Bread	831.7	53.8	80.9	32.8	132.3	13.0	0.0	17.6	5.8	2870.4
Papa's Homemade Quiche - Ham with Fresh Fruit	346.5	12.1	21.0	23.5	154.8	7.6	0.9	7.5	0.4	722.3
Papa's Homemade Quiche - Bacon with Fresh Fruit	361.0	12.1	20.3	25.4	155.9	7.2	0.9	7.3	0.4	740.1
Papa's Homemade Quiche - Spinach with Fresh Fruit	325.3	10.0	20.9	22.3	147.0	7.2	0.9	7.3	0.8	547.5
Original Veggie Sandwich	657.2	21.6	62.3	38.4	36.5	9.0	0.1	14.2	8.3	702.8

Hot Sandwiches

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Hot Ham & Cheese on Wheat Hoagie	928.0	41.4	76.1	48.6	98.4	11.8	0.1	16.2	5.4	2585.2
Hot Ham & Cheese on White Hoagie	928.0	40.4	77.1	48.6	98.4	11.8	0.1	15.2	3.4	2695.2
Hot Roast Beef on Wheat Hoagie	1018.2	45.9	65.2	61.6	110.4	15.7	0.2	5.2	5.4	2530.9
Hot Roast Beef on White Hoagie	1018.2	44.9	66.2	61.6	110.4	15.7	0.2	4.2	3.4	2640.9
Anne's French Dip on Wheat Hoagie	711.2	53.9	65.5	22.7	97.5	12.7	0.0	3.3	4.0	2591.6
Anne's French Dip on White Hoagie	711.2	52.9	66.5	22.7	97.5	12.7	0.0	2.3	2.0	2701.6
Rajun Cajun on Wheat Hoagie	798.3	39.2	75.2	39.0	106.7	9.6	0.1	10.7	7.1	2904.5
Rajun Cajun on White Hoagie	798.3	38.2	76.2	39.0	106.7	9.6	0.1	9.7	5.1	3014.5
Tasty Turkey Cheddar on Wheat Hoagie	779.2	35.4	71.7	36.0	100.9	8.5	0.1	10.0	5.9	3137.7
Tasty Turkey Cheddar on White Hoagie	779.2	94.4	72.7	36.0	100.9	8.5	0.1	9.0	3.9	3247.7
Reuben with Corned Beef	641.3	45.9	68.1	21.0	81.7	5.7	0.0	4.6	6.9	2917.0
Reuben with Turkey	672.3	38.5	77.9	22.6	95.9	5.9	0.0	9.7	7.4	3127.4
Papa's Reuben with Corned Beef	753.2	70.5	68.1	23.2	137.7	5.7	0.0	4.6	6.9	4237.5
Papa's Reuben with Turkey	815.2	55.7	87.7	26.4	166.1	6.0	0.0	14.8	7.9	4658.3
Luke's Kickin Chicken on Wheat Hoagie	844.7	63.2	79.7	30.2	134.0	8.3	0.0	18.6	4.2	2264.5
Luke's Kickin Chicken on White Hoagie	844.7	62.2	80.7	30.2	134.0	8.3	0.0	17.6	2.2	2374.5
Grown-Up Grilled Cheese	587.3	31.6	48.7	28.7	75.2	12.4	0.0	9.9	3.5	1496.2

Café Sandwiches

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Ham on Wheat Bread (plain)	453.6	32.7	49.6	14	67.6	3.4	0	8.9	3	2105.4
Turkey on Wheat Bread (plain)	389.8	26.6	56.5	7.1	70.2	0.2	0	14	3.5	2005.9
BLT on Wheat Bread (plain)	512.8	27.5	48.7	23.4	52.8	6.6	0	9.7	3.5	1586.6
Egg & Olive on Wheat Bread (plain)	512.5	15.6	50.1	28.6	208	4.5	0.1	10.6	3.2	1193.2

Roast Beef on Wheat Bread (plain)	423.6	34.9	48.7	7.2	58.9	2	0	8.9	3	1868.5
Specialty Sandwiches and Paninis										
Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Southwest Chicken Panini on Ciabatta	679.6	53.8	60.4	24.6	126.4	8.9	0.6	4.6	1.9	2159.4
Ramos Wrap	855.7	56.5	60.5	41.4	159.8	18.6	0.0	3.1	5.9	1353.7
Ham Panini on Ciabatta	669.0	36.8	46.6	37.4	73.3	7.4	0.0	5.4	3.8	2451.3
Ham Panini on Focaccia	609.3	33.1	36.4	37.7	73.3	8.4	0.0	7.4	3.2	2323.1
Turkey Panini on Ciabatta	605.2	30.7	53.5	30.5	75.8	4.1	0.0	10.5	4.3	2351.9
Turkey Panini on Focaccia	545.5	27.0	43.3	30.8	75.8	5.1	0.0	12.5	3.7	2223.7
Grilled Portabella Panini on Ciabatta	865.7	23.1	61.9	60.3	40.9	12.2	0.2	14.6	6.9	1280.2
Grilled Portabella Panini on Focaccia	805.9	19.4	51.8	60.5	40.9	13.2	0.2	16.6	6.2	1152.0
Ham What Am	754.5	44.6	78.6	25.8	94.6	6.2	0.0	41.1	3.8	2627.7
Hot Turkey Pita	432.6	32.8	46.9	12.8	96.2	5.3	0.0	6.8	3.0	1910.9
Club Savory Croissant	951.3	35.9	51.0	68.4	148.2	21.0	0.6	11.9	2.8	2400.8
Potatoes										
Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Deluxe Ham & Turkey Potato	1200.8	43.6	108.8	66.4	125.9	20.0	6.3	7.1	13.5	2563.9
Loaded Baked Potato	1158.8	25.8	102.5	72.8	70.9	22.2	8.4	4.7	12.7	1175.4
Monterey Potato	1150.1	56.1	103.3	57.0	145.5	19.4	6.3	5.5	13.1	1063.9
The Big Cheese Potato	1326.7	32.2	104.5	89.3	93.2	21.7	6.4	5.6	13.6	1663.5
Kid's Menu										
Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Jules Platter - Turkey	262.6	16.4	29.7	8.5	45.1	2.7	0.0	4.7	1.4	1096.6
Jules Platter - Ham	294.5	19.4	26.2	11.9	43.8	4.3	0.0	2.1	1.1	1146.3
Jules Platter - Roast Beef	279.5	20.5	25.7	8.5	39.4	3.6	0.0	2.1	1.1	1027.9
Goldie's Grilled Cheese	462.3	20.6	49.5	19.2	40.0	9.2	0.0	4.2	2.2	802.2
Luke's Lunch (peanut butter & jelly)	77.5	24.8	97.5	35.7	0.0	7.1	0.0	43.4	5.6	796.7
Duffi Dog	274.6	9.8	22.0	16.3	23.9	5.8	0.0	2.5	0.9	738.8
Cheese Pizza	420.0	15.0	52.0	17.0	15.0	9.0	0.0	8.0	2.0	710.0
Appetizers										
Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Pim Toasties - Small	304.3	11.2	35.9	13.1	19.4	4.0	0.0	2.3	1.8	593.2
Pim Toasties - Large	608.6	22.5	71.8	26.1	38.8	8.0	0.0	4.5	3.7	1186.3
Southwest Chipotle BBQ Nachos	1304.1	60.5	110.5	72.0	165.5	24.1	3.5	21.5	10.1	2933.4
Nachos All Over	1335.3	44.1	105.9	85.0	154.1	33.3	3.5	14.4	12.2	3592.6
Fiesta Black Bean Corn Salad & Chips	390.8	9.3	53.5	17.9	0.0	2.4	1.3	5.8	9.3	840.1
Papa's Spicy Cheese Dip and Chips - Small	863.5	30.8	68.8	53.1	103.2	22.1	2.6	12.4	5.3	2242.7
Papa's Spicy Cheese Dip and Chips - Large	1364.6	47.3	112.4	82.9	154.8	33.5	4.3	18.7	8.7	3423.7
Side Items										
Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Ruffles Potato Chips	160.0	2.0	14.0	10.0	0.0	1.0	0.0	0.0	1.0	160.0
Baked Lays Chips	130.0	2.0	26.0	2.0	0.0	0.0	0.0	2.0	2.0	200.0
Pretzels	110.0	2.0	23.0	1.0	0.0	0.0	0.0	1.0	1.0	450.0
Pickle Spear	5.0	0.0	1.0	0.0	0.0	0.0	0.0	1.0	0.0	310.0
Fresh Fruit Cup	42.7	0.8	10.7	0.1	0.0	0.0	0.0	8.5	1.3	9.4

Carrot Sticks	25.0	0.6	5.8	0.1	0.0	0.0	0.0	2.9	1.7	42.1
Potato Salad	150.0	2.0	19.0	7.0	25.0	1.0	0.0	4.0	1.0	310.0
Pasta Salad	210.0	5.0	26.0	1.5	15.0	0.0	0.0	3.0	2.0	610.0
Tropical Fruit Salad	170.0	3.0	22.0	8.0	0.0	2.0	2.3	18.0	0.0	125.0
Black Bean & Corn Salad	103.3	3.4	14.5	4.5	0.0	0.7	0.0	3.0	4.0	373.5
Animal Crackers	130.0	2.0	22.0	3.5	0.0	1.0	0.0	8.0	0.0	150.0

Breakfast

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
The Hunter Sandwich	688.5	35.8	48.7	39.0	291.6	15.6	2.7	9.4	3.0	1599.9
The Englishman with Sausage	673.2	26.5	50.9	39.3	278.9	16.9	2.8	0.5	2.0	1545.9
The Englishman with Bacon	656.0	26.5	51.1	37.3	270.8	16.3	2.7	0.5	2.0	1686.2
The Englishman with Ham	672.7	32.2	52.3	35.9	287.0	15.8	2.7	0.5	2.0	2131.7
The Southern Special	686.6	34.3	53.9	36.9	282.9	11.4	0.0	2.0	2.5	1959.2
Stuffed Breakfast Quesadilla	658.1	26.8	61.8	32.9	236.0	11.2	0.0	4.9	6.8	1744.2
The Breakfast Heap - Ham with Wheat Toast	752.3	36.4	66.2	36.4	476.7	12.5	1.3	8.6	4.3	1557.9
The Breakfast Heap - Ham with White Toast	780.0	37.0	67.6	38.4	476.7	13.1	1.3	6.3	3.9	1581.5
The Breakfast Heap - Sausage with Wheat Toast	746.2	33.5	66.3	37.1	473.8	12.7	1.4	8.9	4.4	1255.8
The Breakfast Heap - Sausage with White Toast	773.9	34.0	67.7	39.1	473.8	13.3	1.4	6.6	4.0	1279.4
Blueberry Muffin	285.3	3.9	42.5	11.7	38.5	1.9	1.3	23.8	0.5	346.6
Peach Muffin	339.7	6.0	43.7	16.5	38.5	2.2	1.3	23.4	1.4	346.4
Apple Cinnamon Muffin	308.1	4.0	47.2	12.1	38.5	2.0	1.3	28.1	0.7	347.5
Pineapple Muffin	285.1	4.0	42.7	11.6	38.5	1.9	1.3	24.1	0.3	346.6
Strawberry Muffin	281.2	4.0	41.5	11.6	38.5	1.9	1.3	23.0	0.4	346.6
Strawberry Parfait	393.9	21.5	73.7	3.6	5.7	1.3	0.0	42.0	4.5	360.9
Blueberry Parfait	415.1	21.6	79.5	3.6	5.7	1.3	0.0	46.3	4.9	360.9
Peach Parfait	399.8	21.7	75.2	3.6	5.7	1.3	0.0	45.0	4.1	360.0
Biscuit (1)	183.8	2.8	23.1	8.7	0.8	2.9	2.3	2.7	0.7	402.9
Sister Schubert Roll (1)	190.0	4.0	30.0	5.0	15.0	1.0	0.0	6.0	1.0	310.0
Wheat Toast (1)	123.5	4.7	23.4	1.6	0.0	0.0	0.0	4.4	1.5	237.5
White Toast (1)	151.2	5.3	24.8	3.6	0.0	0.6	0.0	2.1	1.1	261.1
Bacon (2)	86.6	5.9	0.2	6.7	17.6	2.2	0.0	0.0	0.0	369.6
Sausage Patty (1)	103.8	5.9	0.0	8.7	25.7	2.8	0.1	0.0	0.0	229.3
Thick Sliced Ham (2 oz)	83.3	12.7	0.0	3.2	29.5	1.1	0.0	0.0	0.0	859.6
Fried Eggs (2)	180.3	12.5	0.8	14.1	420.4	4.0	0.0	0.8	0.0	187.7
Scrambled Eggs (2)	203.7	13.5	2.7	14.9	429.4	4.5	0.7	2.1	0.0	341.6
Wheat Bagel	311.1	11.0	61.2	2.0	0.0	0.5	0.0	10.0	5.0	451.6
Plain Bagel	301.1	10.0	63.2	1.0	0.0	0.0	0.0	7.0	4.0	361.3
Cinnamon Raisin Bagel	331.2	11.0	69.2	1.0	0.0	0.0	0.0	14.1	3.0	582.0
Blueberry Bagel	331.2	11.0	69.2	1.5	0.0	0.0	0.0	12.0	2.0	612.1
Cream Cheese - plain	100.0	2.0	2.0	9.0	30.0	6.0	0.0	1.0	0.0	100.0
Cream Cheese - strawberry	70.0	1.0	4.0	6.0	20.0	4.0	0.0	3.0	0.0	55.0

Desserts

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Trans Fat (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Caramel Cake (1 slice)	670.9	6.6	98.3	29.5	191.0	13.7	3.5	78.3	0.1	285.9
Strawberry Cake (1 slice)	637.3	4.4	90.2	30.1	146.1	9.5	0.0	71.3	0.0	275.2
Chocolate Cake (1 slice)	661.2	6.1	102.6	28.0	109.7	8.1	0.0	79.5	0.6	503.9
Red Velvet Cake (1 slice)	780.9	5.3	69.4	55.2	127.3	12.9	0.0	44.9	0.2	395.3
Coconut Cake (1 slice)	619.9	6.2	87.1	29.5	133.7	20.9	0.0	64.8	2.5	431.5
Praline Brownies	358.5	4.8	34.3	18.6	61.9	4.5	0.0	30.8	3.4	187.2

Chocolate Chip Cookie	360.0	3.0	53.0	17.0	45.0	10.0	0.0	34.0	2.0	270.0
Oatmeal Raisin Cookie	330.0	6.0	55.0	10.0	30.0	4.0	0.0	20.0	3.0	270.0
Royale Cookie	390.0	4.0	48.0	22.0	35.0	11.0	0.0	31.0	3.0	240.0
Banana Pudding Cup	527.6	3.2	75.6	25.2	0.0	16.7	1.9	35.7	2.7	116.4
Mini Banana Pudding	261.0	1.3	34.3	13.8	0.0	10.2	0.6	17.2	0.9	43.1
Strawberry Shortcake Cup	526.8	2.9	88.3	17.8	55.5	10.1	0.0	793.0	1.2	187.6
Mini Strawberry Shortcake	240.9	1.5	38.5	8.9	27.8	5.0	0.0	33.8	0.7	93.8