



Bread. The way it ought to be.™

## Yogurt Topping Nutrition

	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
<b>Dry Roasted Peanuts (37g)</b>	220	160	19	3	0	0	0	8	3	2	9	PEANUTS CONTAINS: PEANUTS
<b>Fudge Brownie Bites (43g)</b>	190	90	10	4.5	0	15	220	25	2	15	3	MARGARINE (PALM OIL, WATER, SOYBEAN OIL, SALT, MONO- AND DIGLYCERIDES, COLORED WITH ANNATTO. CALCIUM DISODIUM EDTA ADDED AS A PRESERVATIVE, ARTIFICIAL BUTTER FLAVOR. VITAMIN A PALMITATE ADDED.), SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FRUCTOSE, COCOA PROCESSED WITH ALKALI, WATER, BROWN SUGAR, PASTEURIZED EGGS, NATURAL COCOA, PALM OIL AND SOYBEAN OIL (WITH ADDED SOY MONO- AND DIGLYCERIDES AND SOY LECITHIN), GLYCERINE, UNENRICHED WHEAT FLOUR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VANILLA, POTASSIUM SORBATE (PRESERVATIVE), SALT, BUTTER (CREAM, SALT). CONTAINS: WHEAT, MILK, EGG, SOY
<b>Butterfinger (100g)</b>	440	160	18	9.17	0.07	0.07	200	70.2	1.99	40.8	5.03	CORN SYRUP, SUGAR, GROUND ROASTED PEANUTS, HYDROGENATED PALM KERNEL OIL, COCOA, MOLASSES, AND LESS THAN 1% OF DAIRY PRODUCT SOLIDS, CONFECTIONER'S CORN FLAKES, NONFAT MILK, SALT, SOY LECITHIN, SOYBEAN OIL, CORNSTARCH, MONOGLYCERIDES, NATURAL FLAVORS, TBHQ AND CITRIC ACID (TO PRESERVE FRESHNESS), ANNATTO COLOR. CONTAINS: PEANUTS, MILK, SOY
<b>Cookie Dough Pieces (21g)</b>	100	40	4.5	2	0	0	70	14	0	7	1	UNENRICHED WHEAT FLOUR, SUGAR, MARGARINE (PALM OIL, SOYBEAN OIL, SALT, MONO AND DIGLYCERIDES, ARTIFICIAL FLAVOR, COLORED WITH ANNATTO. CALCIUM DISODIUM EDTA ADDED AS PRESERVATIVE. VITAMIN A PALMITATE ADDED.), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLA EXTRACT), BROWN SUGAR, NATURAL FLAVOR, SALT, AND ARTIFICIAL FLAVOR. CONTAINS: SOY AND WHEAT. MAY CONTAIN TRACES OF: PEANUT, TREENUTS, EGG, MILK
<b>Heath (21g)</b>	110	60	7	3.5	0	5	75	13	0	13	1	MILK CHOCOLATE (SUGAR, COCOA BUTTER, CHOCOLATE, NONFAT MILK, MILK FAT, LACTOSE, SALT, SOY LECITHIN, NATURAL FLAVOR), SUGAR, VEGETABLE OIL (PALM OIL, SUNFLOWER OIL), DAIRY BUTTER, ALMONDS, CONTAINS 2% OR LESS OF: SALT, SOY LECITHIN. CONTAINS: ALMOND, SOY AND MILK
<b>Nerds (30g)</b>	110	0	0	0	0	0	0	28	0	27	0	DEXTROSE, SUGAR, MALIC ACID, AND LESS THAN 2% OF CORN SYRUP, NATURAL FLAVORS, CARNAUBA WAX, COLOR ADDED, CARMINE COLOR, BLUE 1, BLUE 1 LAKE, BLUE 2 LAKE, RED 40 LAKE, YELLOW 5, YELLOW 5 LAKE, YELLOW 6. MAY CONTAIN EGG.
<b>Fizzy Cotton Candy (17g)</b>	80	30	3.5	3	0	0	35	13	0	10	0	WHITE COATING (SUGAR, VEGETABLE OIL [PALM KERNEL OIL AND HYDROGENATED PALM KERNEL OIL], REDUCED MINERAL WHEY POWDER, WHOLE MILK SOLIDS, NONFAT DRY MILK SOLIDS, SOY LECITHIN [A EMULSIFIER], AND SALT), CRACKLING CANDY (SUGAR, LACTOSE, GLUCOSE, CARBON DIOXIDE), CRISP RICE (RICE FLOUR, SUGAR, SALT, CALCIUM CARBONATE), ARTIFICIAL FLAVOR, BLUE 1 LAKE, RED 40 LAKE. CONTAINS: MILK AND SOY. MAY CONTAIN: TRACES OF PEANUTS, TREENUTS, EGG AND WHEAT.
<b>Rainbow Sprinkles (24g)</b>	120	40	4.5	4	0	0	0	19	0	19	0	SUGAR, HYDROGENATED PALM KERNEL OIL, CORN STARCH, SUNFLOWER LECITHIN, FD&C COLORS ( YELLOW #6 LAKE, YELLOW #5 LAKE, BLUE #1 LAKE, RED #3 DYE), MALTODEXTRIN, CARNAUBA WAX, VANILLIN, CELLULOSE GUM.
<b>Yogurt Chips (22g)</b>	110	45	5	4.5		0	25	16	0	16	1	SUGAR, PALM KERNEL OIL, WHEY POWDER, YOGURT POWDER (WHOLE MILK POWDER, LACTIC ACID, CITRIC ACID, BACTERIAL CULTURE), POWDERED WHEY PROTEIN CONCENTRATE, SOYA LECITHIN, TITANIUM DIOXIDE, NATURAL FLAVOUR, SORBITAN TRISTEARATE. CONTAINS: MILK AND SOY. MAY CONTAIN: TREENUTS. PRODUCED IN A FACILITY THAT ALSO HANDLES PEANUTS.

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<b>Cheesecake Pieces (15.9g)</b>	283	30	3.5	2	0	0	45	5	0	3	1	CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM, GUAR GUM, XANTHAN GUM), GRAHAM CRACKER CRUMB (ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], GRAHAM FLOUR, SUGAR, PALM OIL, BROWN SUGAR, HONEY, SALT, BAKING SODA, NATURAL FLAVOR), SUGAR, EGGS, MARGARINE (PALM OIL, WATER, SOYBEAN OIL, SALT, CONTAINS LESS THAN 2% OF NATURAL FLAVOR, SOY LECITHIN, BETA CAROTENE COLOR, VITAMIN PALMITATE A), LESS THAN 2% OF: SUGAR, CORNSTARCH, WATER, WHEAT FLOUR, THIAMINE MONONITRATE, NIACIN, REDUCED IRON, RIBOFLAVIN, FOLIC ACID, CREAM, MILK, NONFAT MILK, MONO- AND DIGLYCERIDES, CARRAGEENAN, POLYSORBATE 80, DEXTROSE, CITRIC ACID, MALIC ACID, LIME JUICE, NATURAL FLAVOR, PECTIN, TARA GUM, XANTHAN GUM, KONJAC GUM, VANILLA BEAN EXTRACTIVES, LEMON JUICE CONCENTRATE, LEMON OIL. CONTAINS: MILK, EGGS, WHEAT, SOY. MAY CONTAIN: PEANUTS AND TREE NUTS.
<b>Gummy Worms (100g)</b>	310	0	0	0	0	0	30	72	0	49	4	CORN SYRUP (FROM CORN), SUGAR (FROM BEETS), WATER, GELATIN, CITRIC ACID, LACTIC ACID, PECTIN (DERIVED FROM FRUIT), NATURAL AND ARTIFICIAL FLAVORS, TITANIUM DIOXIDE (COLOR), FD&C YELLOW #5, RED #40, YELLOW #6, BLUE #1.
<b>Gummy Bears (100g)</b>	300	10	1	0	0	0	40	69	0	43	4	CORN SYRUP (FROM CORN), SUGAR (FROM BEETS), WATER, GELATIN, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, PECTIN (DERIVED FROM FRUIT), VEGETABLE OIL (COCONUT, CANOLA) AND CARNAUBA LEAF WAX (TO PREVENT STICKING), FD&C YELLOW #5, RED #40, YELLOW #6, BLUE #1.
<b>Frosted Animal Crackers (100g)</b>	511	223	24.8	24.7	0	1	192	68.6	0.8	43.5	3.8	SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), HYDROGENATED PALM KERNEL OIL, NONFAT MILK, CORNSTARCH, CONTAINS 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, SALT, SOY LECITHIN, BAKING SODA, ARTIFICIAL FLAVOR, CONFECTIONER'S GLAZE, COLOR ADDED, RED 40 LAKE, RED 3, YELLOW 5, CARNAUBA WAX, BLUE 1, BLUE 2 LAKE, YELLOW 6 LAKE, YELLOW 6. CONTAINS: WHEAT, MILK AND SOY. MAY CONTAIN: PEANUTS AND TREENUTS
<b>Snow Caps (22g)</b>	100	35	4	4	0	0	0	17	<1	16	<1	SUGAR, WHITE NONPAREILS (SUGAR, CORN STARCH, GLUCOSE, CARNAUBA WAX), HYDROGENATED PALM KERNEL OIL, COCOA POWDER, SOYA LECITHIN, WHOLE MILK POWDER. CONTAINS: SOY AND MILK. MAY CONTAIN: TREE NUTS
<b>Raspberry Truffle Cups (22g)</b>	120	70	7	4.5	1	0	10	13	<1	12	1	SUGAR, PALM KERNEL OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, COCOA PROCESSED WITH ALKALI, NONFAT MILK, WHOLE MILK, HYDROGENATED PALM OIL, SOY LECITHIN (AN EMULSIFIER), VANILLIN (AN ARTIFICIAL FLAVOR), NATURAL AND ARTIFICIAL FLAVORS, SALT, COLOR ADDED (INCLUDING RED 3). CONTAINS: MILK AND SOY.
<b>Chocolate Sprinkles (100g)</b>	442	168	19	17	0	0	3	70	0	63	2	SUGAR, HYDROGENATED PALM KERNEL OIL, COCOA POWDER (PROCESSED WITH ALKALI), CORN STARCH, SUNFLOWER LECITHIN, NATURAL & ARTIFICIAL FLAVOR, MALTODEXTRIN, VANILLIN, CARNAUBA WAX, CELLULOSE GUM.
<b>Salted Caramel Rocks (100g)</b>	512	230	26	23	0	5	409	70	0	67	2	SEA SALTED CARAMEL (SUGAR, PALM KERNEL OIL, NON FAT DRY MILK SOLIDS, WHOLE MILK SOLIDS, SALT, ARTIFICIAL COLORS (YELLOW LAKE #6, YELLOW LAKE #5, BLUE LAKE #2), SOY LECITHIN (AN EMULSIFIER), NATURAL FLAVORS, SUGAR, POWDERED SUGAR (SUGAR CORNSTARCH), TITANIUM DIOXIDE (FOOD GRADE), TAPIOCA DEXTRIN, GUM ARABIC, ORGANIC CARAMEL COLOR, CARNAUBA WAX CONTAINS: MILK AND SOY. MAY CONTAIN: TREENUTS
<b>Oreo (34g)</b>	160	63	7	2	0	0	140	25	0.5	14	1	USUNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), CORNSTARCH, SALT, SOY LECITHIN, VANILLIN - AN ARTIFICIAL FLAVOR, CHOCOLATE. CONTAINS: WHEAT, SOY
<b>Reese's Pieces (26g)</b>	130	50	5	4.5	0	0	40	17	<1	14	3	SUGAR; PARTIALLY DEFATTED PEANUTS; HYDROGENATED VEGETABLE OIL (PALM KERNEL AND SOYBEAN OIL); CORN SYRUP; DEXTROSE; CONTAINS 2% OR LESS OF: PALM, KERNEL OIL, ARTIFICIAL COLOR (YELLOW 5 LAKE; YELLOW 6 LAKE; RED 40 LAKE, BLUE 1 LAKE); CORNSTARCH; SALT; CONFECTIONER'S GLAZE; SOY LECITHIN; MODIFIED CORNSTARCH; CARNAUBA WAX; VANILLIN, ARTIFICIAL FLAVOR; MILK.

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												CONTAINS: PEANUTS, MILK, AND SOY. ENRICHED WHEAT FLOUR ( WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRAHAM FLOUR, SUGAR, PALM OIL, BROWN SUGAR, HONEY, SALT, BAKING SODA AND ARTIFICIAL FLAVOR.
<b>Graham Crumb (18g)</b>	80	25	2.5	1.5	0	0	85	13	<1	4	1	
												CONTAINS: WHEAT. MAY CONTAIN: MILK AND SOY. BROWN SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRAHAM CRACKER CRUMBS (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], GRAHAM FLOUR, SUGAR, PALM OIL, BROWN SUGAR, HONEY, SALT, BAKING SODA, NATURAL FLAVOR), NATURAL WHOLE GRAIN ROLLED OATS, BUTTER (CREAM, NATURAL FLAVORING), CANOLA OIL, LESS THAN 2% OF: WATER, CINNAMON, SOY LECITHIN.
<b>Cinnamon Streusel Crunch (100g)</b>	448	164	19	5	0.5	26	53	68	3	38	5	
												CONTAINS: MILK, WHEAT, SOY. MAY CONTAIN: PEANUT AND TREENUTS. YOGURT FLAVORED COATING (SUGAR, PALM KERNEL OIL AND/OR PALM OIL, NONFAT DRY MILK, WHEY POWDER, NONFAT YOGURT POWDER [CULTURED WHEY, NONFAT MILK], TITANIUM DIOXIDE [COLOR], SOY LECITHIN [AN EMULSIFIER], LACTIC ACID, VANILLA), PRETZELS (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT, VEGETABLE OIL [MAY CONTAIN ONE OR MORE OF THE FOLLOWING: CORN, CANOLA, SOYBEAN, CORN SYRUP, SODIUM BICARBONATE, YEAST].
<b>Yogurt Covered Pretzels (40g)</b>	190	60	7	6	0	0	220	30	1	16	2	
												CONTAINS: MILK, SOY, WHEAT. MAY CONTAIN: PEANUT, TREE NUTS SUGAR, PALM KERNEL OIL, PARTIALLY DEFATTED PEANUT FLOUR, INVERT SUGAR, NONFAT MILK, STRAWBERRY JUICE CONCENTRATE, CORN SYRUP, HYDROGENATED PALM OIL, SALT, CITRIC ACID, INVERTASE, SOY LECITHIN (AN EMULSIFIER), POTASSIUM SORBATE (A PRESERVATIVE), SODIUM BENZOATE (A PRESERVATIVE).
<b>Peanut Butter &amp; Jelly Cups (100g)</b>	474	212	24	20	0	1	195	60	2	57	8	
												CONTAINS: PEANUT, SOY AND MILK. COCONUT (SODIUM METABISULFITE ADDED TO RETAIN COLOR), SUGAR, WATER, PROPYLENE GLYCOL AND SALT
<b>Sweetened Coconut (100g)</b>	466	225	25	22	0	<1	172	56	9	36	4	
<b>Almonds (100g)</b>	575	445	49	4	0	0	1	22	12	4	21	
												ALMONDS CONTAINS: ALMOND
<b>Chocolate Chips (100g)</b>	460	220	25	15	0	0	40	68	7	56	5	
												SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), SALT, VANILLIN (ARTIFICIAL FLAVOR) MAY CONTAIN MILK
<b>Marshmallow Cream (39g)</b>	100	0	0	0	0	0	45	24	0	19	0	
												HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER, MODIFIED FOOD STARCH, TITANIUM DIOXIDE (COLOR), SALT, ARTIFICIAL FLAVORS, BENZOIC ACID - A PRESERVATIVE, AND ZANTHAN GUM.
<b>Hot Fudge (38g)</b>	120	25	3	2.5	0	0	75	22	<1	21	<1	
												HIGH FRUCTOSE CORN SYRUP, CONDENSED NONFAT MILK, HYDROGENATED COCONUT OIL, COCOA PROCESSED WITH ALKALI, WATER, WHEY, MODIFIED CORN STARCH, PARTIALLY HYDROGENATED SOYBEAN OIL, NONFAT DRY MILK, SALT, DIPOTASSIUM PHOSPHATE, POTASSIUM SORBATE - A PRESERVATIVE, CARRAGEENAN, MONOGLYCERIDES, CELLULOSE GUM, ARTIFICIAL FLAVOR, DISODIUM PHOSPHATE CONTAINS: MILK
<b>Caramel (41g)</b>	130	5	0.5	0	0	5	75	30	0	22	0	
												CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, CONDENSED NONFAT MILK, HEAVY WHIPPING CREAM, WATER, SALT, PECTIN, ARTIFICIAL FLAVOR AND DISODIUM PHOSPHATE. CONTAINS: MILK
<b>Strawberries (144g)</b>	50	0	0	0	0	0	0	11	2	8	1	
												STRAWBERRIES
<b>Boba - Mango (100g)</b>	130	10	1	0	0	0	40	32	5	26	0	
												WATER, SUGAR, FRUCTOSE, MANGO JUICE, CALCIUM LACTATE, STARCH, SEAWEED EXTRACT, XANTHAN GUM, MALIC ACID, ARTIFICIAL MANGO FLAVORING FD&C YELLOW NO.5 & RED NO.40, POTASSIUM SORBATE
<b>Boba - Strawberry (100g)</b>	130	10	1	0	0	0	40	32	5	26	0	
												WATER, SUGAR, FRUCTOSE, STRAWBERRY JUICE, CALCIUM LACTATE, STARCH, SEAWEED EXTRACT, XANTHAN GUM, MALIC ACID, ARTIFICIAL STRAWBERRY FLAVORING FD&C YELLOW NO.5 & RED NO.40, POTASSIUM SORBATE
<b>Mochi (12g)</b>	45	0	0	0	0	NSS*	25	11	NSS*	4	<1	
												GLUTINOUS RICE POWDER, SUGAR, CORN SYRUP, D-SORBITOL SOLUTION, SALT, WHEAT FLOUR, GLYCERIN ESTERS OF FATTY ACIDS ES-ESTERS, CORN STARCH, FOOD COLORS (RED NO. 3, YELLOW NO. 5, YELLOW NO. 6, BLUE NO. 1) *Not a significant source of this ingredient CONTAINS: WHEAT
<b>Captain Crunch (27g)</b>	110	15	1.5	0.5	0	0	200	23	<1	12	1	
												CORN FLOUR, SUGAR, OAT FLOUR, BROWN SUGAR, PALM AND/OR COCONUT OIL, SALT, REDUCED IRON, YELLOW 5, NIACINAMIDE, ZINC OXIDE, YELLOW 6, THIAMIN MONONITRATE, RIBOFLAVIN, BHT (PRESERVATIVE), PYRIDOXINE HYDROCHLORIDE, FOLIC ACID, TOCOPHEROIS (PRESERVATIVE).

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<b>Fruity Pebbles (27g)</b>	110	10	1	1	0	0	140	23	0	9	1	RICE, SUGAR, HYDREGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), SALT, CONTAINS LESS THAN 0.5% OF NATURAL AND ARTIFICIAL FLAVOR, RED 40, YELLOW 6, TURMERIC OLEORESIN (COLOR), BLUE 1, YELLOW 5, BLUE 2, BHA.
<b>M&amp;M's (28g)</b>	140	45	5	3.5	0	<5	20	20	<1	18	1	MILK CHOCOLATE (SUGAR, CHOCOLATE, SKIM MILK, COCOA BUTTER, LACTOSE, MILKFAT, SOY LECITHIN, SALT, ARTIFICIAL AND NATURAL FLAVORS), SUGAR, CORNSTARCH, LESS THAN 1% - CORN SYRUP, DEXTRIN, COLORING (INCLUDES BLUE 1 LAKE, YELLOW 6, RED 40, YELLOW 5, BLUE 1, YELLOW 6 LAKE, RED 40 LAKE, YELLOW 5 LAKE, BLUE 2 LAKE, BLUE 2), CARINAUBA WAX, GUM ACACIA. CONTAINS: MILK AND SOY
<b>Maraschino Cherries (5g)</b>	10	0	0	0	0	NSS*	0	2	NSS*	2	0	CHERRIES, WATER, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, SODIUM BENZOATE (A PRESERVATIVE), POTASSIUM SORBATE (A PRESERVATIVE), FD&C RED 40, SULFUR DIOXIDE. *Not a significant source of this ingredient
<b>Vanilla Nut Granola (56g)</b>	280	170	19	3.5	0	0	60	25	4	11	6	ROLLED OATS, HONEY, SUNFLOWER SEEDS, CANOLA OIL, PECANS, ALMONDS, COCONUT, FLAX SEEDS, NATURAL AND ARTIFICIAL VANILLA FLAVORING, SEA SALT.  CONTAINS: PECANS, ALMOND AND COCONUT
<b>Groovy Granola (56g)</b>	220	60	7	1	0	0	0	36	3	15	6	ROLLED OATS, CASHEWS, HONEY, MOLASSES, DRIED CRANBERRIES, RAISINS, SUNFLOWER SEEDS AND CINNAMON. CONTAINS: CASHEWS