

SUSIECAKES' NUTRITIONAL CHART													
April 16, 2018													
	Serving	Total	Calories	Total	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Total	Protein	
	Size (g)	Calories	from Fat	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carbohydrate	Fiber	Sugars	(g)	Allergen <sup>†</sup>
<b>CAKES</b>													
Carrot Cake	147 g	610	340	39	12	0.5	85	390	65	2	50	5	E, M, T, W
Celebration Cake	172 g	740	340	38	23	1.5	190	470	95	1	72	6	E, M, W
Old Fashioned Chocolate Cake	201 g	750	260	29	14	0.5	70	470	115	3	71	8	E, M, S, W
Luscious Lemon Cake	139 g	570	270	31	18	1.0	190	320	72	1	56	5	E, M, W
Marble Cake	133 g	560	250	28	16	1.0	110	310	75	1	56	4	E, M, S, W
Red Velvet Cake	132 g	570	310	35	12	0.5	70	290	61	1	45	5	E, M, W
Tropical Coconut Cake	130 g	520	240	27	17	1.0	115	340	67	2	50	4	E, M, C, W
<b>CUPCAKES</b>													
Chocolate with Chocolate Icing	97 g	380	150	17	9	0.0	40	210	57	1	38	4	E, M, S, W
Chocolate with Chocolate Icing Mini	37 g	140	50	6	2.5	0.0	15	90	22	1	13	2	E, M, S, W
Flourless Chocolate with Vanilla Icing	104 g	450	220	24	15	0.5	45	280	58	2	52	4	E, M, S
Flourless Chocolate with Vanilla Icing Mini	40 g	180	90	10	6	0.0	20	110	24	1	21	2	E, M, S
Chocolate with Mint Icing	97 g	390	150	17	9	0.5	45	220	56	1	39	3	E, M, S, W
Chocolate with Mocha Icing	97 g	390	160	18	9	0.5	45	220	57	1	39	3	E, M, S, W
Chocolate with Peanut Butter Icing	97 g	400	180	20	8	0.0	35	260	51	2	33	6	E, M, S, P, W
Chocolate with Vanilla Icing	97 g	390	150	17	9	0.5	45	220	56	1	39	3	E, M, W
Red Velvet with Cream Cheese Icing	108 g	480	260	30	10	0.5	60	250	50	1	36	4	E, M, W
Red Velvet with Cream Cheese Icing Mini	43 g	190	100	12	3	0.0	20	110	20	0	13	2	E, M, W
Vanilla with Coconut Icing	104 g	450	210	23	15	1.0	105	290	57	1	43	4	E, M, C, W
Vanilla with Lemon Icing	103 g	450	210	24	14	1.0	135	280	56	0	42	4	E, M, S, W
Vanilla with Strawberry Icing	103 g	420	190	21	13	1.0	105	270	56	1	42	3	E, M, S, W
Vanilla with Vanilla Icing	103 g	450	210	24	14	1.0	115	280	57	0	43	3	E, M, W
Vanilla with Vanilla Icing Mini	40 g	170	80	9	5	0.0	45	120	22	0	15	2	E, M, W
<b>COOKIES</b>													
Chocolate Chip Cookie	94 g	450	200	23	14	0.5	70	540	61	2	40	5	E, M, S, W
Flourless Peanut Butter Cookie	48 g	240	130	14	3	0.0	20	310	25	1	22	7	E, P
Snickerdoodle Cookie	83 g	390	150	17	10	0.5	80	200	54	1	28	5	E, M, W
Iced Molasses Cookie	96 g	390	140	16	10	0.5	65	590	58	1	34	4	E, M, W
Bagged Sugar Cookies, Hearts	96 g	440	220	24	15	1.0	80	210	52	1	21	5	E, M, W
Sugar Cookies with Royal Icing	53 g	240	90	10	6	0.0	35	95	35	0	22	2	E, M, W
Sweetheart Sandwich Cookie	60 g	290	130	15	9	0.5	45	120	37	0	20	2	E, M, W
<b>BARS</b>													
7-Layer Bar	117 g	560	310	35	18	1.5	50	210	61	2	42	6	M, S, C, T, W
Brownie	94 g	410	170	19	11	0.5	105	180	55	3	42	5	E, M, W
Lemon Squares	134 g	460	220	24	14	1.0	265	140	55	1	35	7	E, M, W
Susie's Nutty Bar	140 g	720	400	44	13	0.0	70	720	73	3	64	16	E, M, P
Whoopie Pie	196 g	880	360	41	25	1.0	120	600	128	3	92	8	E, M, S, W
<b>OTHER</b>													
Cheesecake	187 g	680	400	44	25	1.5	210	400	63	0	53	10	E, M, S, W
Vanilla Pudding	269 g	640	350	39	22	1.0	340	170	63	0	53	9	E, M
Banana Pudding	284 g	680	330	37	19	1.0	290	260	81	1	59	9	E, M, S, W
†Allergen Key: E=Egg, M=Milk, S=Soy, W=Wheat, P=Peanuts, C=Coconut, T=Treenuts.													
All items are prepared in the same kitchen, cross contamination may occur.													
Slice = 1/20 of 9" cake													