

Nutrition Information

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Updated: 07/31/2019

Dessert Case	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple Galette	1 each	630	210	23	14	0	117	337	98	2	35	8
Mini Chocolate Trio Mousse	1 each	510	350	39	23	0	80	72	35	0	2	7
Assorted Fruit Tart	1 each	760	330	37	21	0	290	270	95	2	44	11
Individual Cupcake	1 each	68g	260	-	-	-	-	-	-	-	-	-
Strawberry Cheesecake	1/2 Cheesecake	520	300	33	16	0	70	330	50	1	31	6
Mini Chocolate Decadence	1 each	410	310	34	21	0	165	40	25	0	21	2
Assorted Fruit Cream Puff	1 each	340	240	27	13	0	105	95	23	2	9	3
Strawberry Filled Croissant	1 each	300	120	13	8	0.5	30	270	41	4	15	6
Molten Chocolate Cake	1 each	290	100	11	4.5	0	25	240	45	1	32	3
Tiramisu	1 each	330	140	16	14	0	85	57	42	1	28	5
Assorted Fruit Chocolate Éclair	1 each	330	260	29	16	0	115	65	15	0	7	1
Peach Galette	1 each	540	200	22	13	0	113	322	77	1	20	8
Strawberry Tart	1/2 Tart	310	140	16	9	0	75	115	40	1	19	4
Summer Berry Tart	1 Tart	650	300	34	19	0	260	230	75	3	37	10