

# DESSERTS

	Serving Size	Weight Gms	Weight Ozs	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat Fat (g)	Cholesterol (mg)
Chocolate Chip Cookie	1	57	2.00	240	113	13	2		22
Oatmeal Cookie	1	57	2.00	331	174	19	4		17
Peanut Butter Cookie 1(2 oz)	1	57	2.00	348	212	24	5		25
Fudge Nut Brownie	1	71	2.50	367	174	20	1		26
Banana Nut Bread	1	91	3.20	256	92	10	2		60
Carrot Cake w/ Cream Cheese Icing	1	136	4.80	522	284	33	6		86
Chocolate Chip Fudge Cake	1	108	3.80	410	182	23	6		104

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
Chocolate Chip Cookie	240	34	0	21	3	1	0	0	0
Oatmeal Cookie	176	39	1	18	3	3	0	1	0
Peanut Butter Cookie 1(2 oz)	289	31	0	18	5	2	0	0	0
Fudge Nut Brownie	142	46	0	32	4	0	0	0	11
Banana Nut Bread	358	35	1	14	4	1	3	2	0
Carrot Cake w/ Cream Cheese Icing	618	60	0	43	7	21	0	2	0
Chocolate Chip Fudge Cake	537	57	1	37	4	1	0	7	5