

We DO NOT ADD SUGAR to any of our products. We are a Home Style, old fashion method Bakery. We do all our products by hand. *All* fruits have their own sugar, but also fiber to lower the glycemic index. We use all Oregon grown berries. We have done our best to be as accurate as possible. This Nutritional Fact Sheet is not required, but a courtesy to our valued customers. www.justdeliciousbakery.com

Nutritional Facts in grams – 15 grams of carbohydrates equal one serving

		Calorie	Fat	Choles.	Sodium	CARB	Fiber	Protein	Natural Sugar	WW Point
Angel Food Cake	1/5	80	0	0	380mg	26g	0	3		1.5
Apple Bran Muffin	1	30	.5g	0	0	10g	6g	2g	0	0
Apple Pie	1/8	230	8g	0	110mg	16g	5g	-1g	4g	4
Apple Turnover	1	250	18g	0	0	18g	-1g	3g	3g	5
Applesauce Walnut cookie	2	110	2.5g	0	160mg	10	0	2g	2	2
Banana Cake	1/8	180	3.5g	2.5mg	75mg	19g	2g	4g	2g	3
Banana Nut Bread	1” slice	200	3.5g	2.5mg	75mg	19g	2g	4g	2g	4
Banana Chip Cookie	2	78	2g	0	112mg	12g	1g	5.2g	2g	1.5
Banana Cream Pie	1/8	165	8g	0	310mg	18g	0	2g		3
Banana Crunch Muffin	1	30	.5g	0	0	10g	7g	3g	1g	0
Bear Claw	1	293	19g	1mg	8	22	1	1		5
Blueberry Muffin	1	100	2g	1mg	0	15g	2g	3g	2g	2
Blueberry Pie	1/8	190	8g	0	110mg	20g	4g	0	8g	4
Brownies	4x4	120	8g	2.5mg	75mg	12.5g	0	1.5	0	2
Cannoli	1	110	7g	5 mg	15mg	10g	0	1g	0	2
Caramel Blondies	1	172	3.5 g	-1 mg	3 mg	19 g	2 g	4 g		3
Caramel Pecan Muffin	1	69	.9g	1.5 mg	75mg	14g	1g	3g	0	1
Carrot Cake	1” slice	200	5.4 g	128 mg	67 mg	19 g	7.6g	9.5 g	3g	4
Chai Tea Muffin	1	69	.9g	1.5 mg	75mg	14g	1g	3g	0	1
Cheesecake	1/8	160	15g	30 mg	105mg	4g	0	3g	1g	3
Cheesecake ~ Pumpkin	1/8	166	15g	30mg	105mg	5.3g	1g	3g		3
Cherry Pie	1/8	127	1	0	42 mg	21	1	1	11	2
Cherry Turnover	1	250	18g	0	0	18g	-1g	3g	3g	5
Chocolate Cake	1/8	172	3.5g	2.5 mg	75mg	19g	2g	4g	0	3
Chocolate Cake	4x4	172	3.5g	2.5 mg	75mg	19g	2g	4g	0	3
Chocolate Cream Pie	1/8	165	6g	0	310mg	18g	0	2g		3
Chocolate Decadence	1/8	505	17.5	192 mg	283 mg	12 g	6g	7 g		13
Cinnamon Roll	1	242	19g	3 mg	12 mg	13 g	-1	2.5 g		6
Cinnamon Roll w/smear		342	28g	33 mg	112 mg	15 g	-1	2.5 g		9
Coconut Cake	1/8	180	3.5g	2.5mg	67mg	19g	2g	4g	2g	3
Coconut Cream Pie	1/8	170	8g	0	310mg	16g	3g	2g		3
Coconut Macaroon	1	114	22g	4 mg	21 mg	2 g	4g	3 g		2
Coconut Muffin	1	69	.9g	1.5 mg	75mg	14g	1g	3g	0	1
Cranberry-Orange Muffin	1	100	2g		0mg	15g	2g	3g	1	2
Cranberry Orange Cake	1/8	180	3.5g	2.5mg	75mg	19g	2g	4g	2g	3
Cream Puff	1	150	4g	0	0	2	-1g	0		3
Cupcakes – Choc & Van	1	119	2g	2.6 mg	76 mg	12 g	1	1.6g		2
Éclair	1	200	8g	25	5	2	-1g	0		4
Hostess Cupcake Wannabe	1	172	3.5	4g	114 mg	19g	2	4 g		3

		Calorie	Fat	Choles.	Sodium	CARB	Fiber	Protein	Natural Sugar	WW Point
Lemon Cake	1/8	180	3.5g	2.5mg	67mg	19g	2g	4g	2g	3
Lemon Cream Pie	1/8	165	8g	0	310mg	18g	0	2g		3
Lemon Poppy Seed Cake -	1/8	180	3.5g	2.5mg	75mg	19g	2g	4g	2g	3
Lemon Poppy Seed Muffin	1	69	.9g	1.5 mg	75mg	14g	1g	3g	0	1
LOAFS 1" SLICE										
Caramel Pecan, Chai Tea, Chocolate, Coconut, German Chocolate, Lemon, Pumpkin, Spice, Vanilla.		172	3.5g	2.5 mg	75mg	19g	2g	4g	0	3
Marion Berry Pie	1/8	185	8g	0	110mg	20g	4g	-1	9g	3
Mandarin Orange Cake	1/8	180	3.5g	2.5mg	67mg	19g	2g	4g	2g	3
Napoleons	1	250	18g	0	0	18g	-1g	3g		5
Oatmeal Chocolate Chip										
Oatmeal White Chocolate Chip		53	1g	0	145mg	6.5g	3g	6g		1
Oatmeal Walnut Raisin										
Orange Blossoms (seasonal)	1	172	3.5g	-1	3 mg	19g	2g	4g		3
Peach Pie	1/8 slice	185	8g	0	110mg	20g	4g	-1	9g	3
Peach Turnover	1	250	18g	0	0	18g	-1g	3g	3g	5
Peanut butter cookies	1 large	262	17 g	2.2 mg	11 mg	15	1	5 g	2	3
Peanut butter cookies	2 small	132	8g	24mg	205 mg	15	1	5 g	2	2.5
Pecan pie	1/8 slice	420	11 g	140 mg	127 mg	18 g	1.6	7 g	10 nuts	9
Pumpkin Cookie	1 cookie	109	3g	14 mg	4 mg	8 g	0	0		2
Pumpkin Pie	1/8 slice	113	5g	22mg	40mg	12g	1g	5.6g		2
Raspberry Rhubarb Pie	1/8	172	8g	0	110mg	15g	4g	-1	5g	3
Raspberry Turnover	1	250	18g	0	0	18g	-1g	3g	3g	5
Razzle 4 Berry Pie	1/8 slice	190	8g	0	110mg	20g	4g	-1	8g	2.5
Short bread cookies	1	138	7.3	0	.5 mg	15 g	.5	2 g		2
SOB muffin	1	69	.9g	1.5 mg	75mg	14g	1g	3g	0	1
Strawberry Pie	1/8 slice	172	8g	0	110mg	15g	4g	-1	5g	3
Strawberry Turnover	1	250	18g	0	0	18g	-1g	3g	3g	5
Strawberry Rhubarb Pie	1/8	172	8g	0	110mg	15g	4g	-1	5g	3
Turtle Pie	1/8 slice	165	8g	0	310mg	18g	0	2g		3
Vanilla Cake	1/8 slice	172	3.5g	2.5 mg	67mg	19g	2g	4g	0	3
Vanilla Cake	4x4	172	3.5g	2.5 mg	67mg	19g	2g	4g	0	3
Zucchini bread slice	1"	80	4 g	20 mg	115 mg	9 g	0	2 g		1.5
CANDIES										
Chocolates	1-2oz					7.8g		1.0		
Hard Candy	4 pieces	45				4.0g	0.0	.01		
Caramel Candy	5 pieces	150								