

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	116	0	0	380mg	26g	0	3g	0	2
Apple Bran Muffin	1	50	.5g	0	0	10g	6g	2g	0	0
Apple Pie	1/8	230	9g	0	110mg	20g	5g	1g	4g	5
Apple Turnover	1	250	18g	0	0	18g	1g	3g	3g	6
Applesauce Walnut cookie	2	110	2.5g	0	160mg	10	0	2g	2	2
Banana Cake	1/8	130	3.5g	2.5mg	75mg	19g	2g	4g	2g	2
Banana Nut Bread	1” slice	131	3.5g	2.5mg	75mg	19g	2g	4g	2g	2
Banana Chip Cookie	2	94	2g	0	112mg	12g	1g	5.2g	2g	2
Banana Cream Pie	1/8	152	8g	0	310mg	18g	0	2g	0	4
Banana Crunch Muffin	1	50	.5g	0	0	10g	7g	3g	1g	0
Bear Claw	1	293	19g	1mg	8mg	22g	1g	1g	0	5
Blueberry Muffin	1	100	2g	1mg	0	15g	2g	3g	2g	2
Blueberry Pie	1/8	190	9g	0	110mg	20g	4g	0	8g	4
Brownies	4x4	120	8g	2.5mg	75mg	12.5g	0	1.5g	0	2
Cannoli	1	110	7g	5mg	15mg	10g	0	1g	0	3
Caramel Blondies	1	172	3.5 g	1mg	3 mg	19 g	2g	4g	0	3
Caramel Pecan Muffin	1	73	.9g	1.5mg	75mg	14g	1g	3g	0	1
Carrot Cake	1” slice	200	5.4 g	128mg	67 mg	19g	7.6g	9.5g	3g	4
Chai Tea Muffin	1	73	.9g	1.5mg	75mg	14g	1g	3g	0	1
Cheesecake	1/8	160	15g	30mg	105mg	4g	0	3g	1g	3
Cheesecake ~ Pumpkin	1/8	166	15g	30mg	105mg	5.3g	1g	3g	0	3
Cherry Pie	1/8	213	9	0	42 mg	21	1g	1g	11	5
Cherry Turnover	1	246	18g	0	0	18g	1g	3g	3g	6
Chocolate Cake	1/8	130	3.5g	2.5mg	75mg	19g	2g	4g	0	2
Chocolate Cake	4x4	130	3.5g	2.5mg	75mg	19g	2g	4g	0	2
Chocolate Cream Pie	1/8	152	8g	0	310mg	18g	0	2g	0	4
Chocolate Decadence	1/8	505	17.5	192 mg	283 mg	12g	6g	7g	0	13
Cinnamon Roll	1	242	19g	3mg	12 mg	13g	1	2.5g	0	6
Cinnamon Roll w/smear		342	28g	33mg	112 mg	15g	1	2.5g	0	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	0	3
Coconut Macaroon	1	114	22g	4mg	21mg	2 g	4g	3g	0	3
Coconut Muffin	1	73	.9g	1.5mg	75mg	14g	1g	3g	0	1
Cranberry-Orange Muffin	1	100	2g	1.5mg	0	15g	2g	3g	1g	2
Cranberry Orange Cake	1/8	180	3.5g	2.5mg	75mg	19g	2g	4g	2g	3
Cream Puff	1	150	4g	0	0	2g	1g	0	0	3
Cupcakes – Choc & Van	1	119	2g	2mg	76mg	12g	1	1.6g	0	2
Éclair	1	200	8g	25g	5mg	2g	1g	0		5
Hostess Cupcake Wannabe	1	172	3.5	4g	114mg	19g	2g	4g		3

		Calorie	Fat	Choles.	Sodium	CARB	Fiber	Protein	Natural Sugar	WW Point
Lemon Cake	1/8	130	3.5g	2.5mg	67mg	19g	2g	4g	0	2
Lemon Cream Pie	1/8	152	8g	0	310mg	18g	0	2g	0	4
Lemon Poppy Seed Cake -	1/8	130	3.5g	2.5mg	75mg	19g	2g	4g	0	2
Lemon Poppy Seed Muffin	1	73	.9g	1.5mg	75mg	14g	1g	3g	0	1
LOAFS 1" SLICE										
Caramel Pecan, Chai Tea, Chocolate, Coconut, German Chocolate, Lemon, Pumpkin, Spice, Vanilla.		123	3.5g	2.5mg	75mg	19g	2g	4g	0	2
Marion Berry Pie	1/8	185	8g	0	110mg	20g	4g	1g	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		59	1g	0	145mg	6.5g	3g	6g		1
Oatmeal White Chocolate Chip										
Oatmeal Walnut Raisin										
Orange Blossoms (seasonal)	1	172	3.5g	1g	3 mg	19g	2g	4g		3
Orange Cranberry Muffin	1	100	2g	1g	0	15g	2g	3g	2g	2
Parfaits - various	1	125	4g	20mg	115mg	9g	0	2g	0	2
Peach Pie	1/8 slice	200	9g	0	110mg	20g	4g	1g	9g	5
Peach Turnover	1	250	18g	0	0	18g	1g	3g	3g	6
Peanut butter cookies	1 large	262	17g	2.2mg	11 mg	15g	1g	5g	2g	6
Peanut butter cookies	2 small	132	8g	24mg	205 mg	15g	1g	5g	2g	3
Pecan pie	1/8 slice	239	11g	140mg	127 mg	18g	1.6g	7g	10 nuts	5
Pumpkin Cookie	1 cookie	109	3g	14mg	4 mg	8g	0	0	0	2
Pumpkin Pie	1/8 slice	113	5g	22mg	40mg	12g	1g	5.6g	0	2
Raspberry Rhubarb Pie	1/8	172	9g	0	110mg	15g	4g	1g	5g	3
Raspberry Turnover	1	250	18g	0	0	18g	1g	3g	3g	6
Razzle 4 Berry Pie	1/8 slice	190	8g	0	110mg	20g	4g	1g	8g	4
Short bread cookies	1	133	7.3g	0	.5 mg	15g	.5	2g	0	3
SOB muffin	1	73	.9g	1.5mg	75mg	14g	1g	3g	0	1
Strawberry Turnover	1	250	18g	0	0	18g	1g	3g	3g	5
Strawberry Rhubarb Pie	1/8	172	8g	0	110mg	15g	4g	1g	5g	3
Turtle Pie	1/8 slice	152	8g	0	310mg	18g	0	2g	0	4
Vanilla Cake	1/8 slice	130	3.5g	2.5mg	67mg	19g	2g	4g	0	2
Vanilla Cake	4x4	130	3.5g	2.5mg	67mg	19g	2g	4g	0	2
Zucchini bread slice	1"	125	4g	20mg	115 mg	9g	0	2g	0	2
CANDIES										
Chocolates	1-2oz					7.8g		1.0		
Hard Candy	4 pieces	45				4.0g	0.0	.01		
Caramel Candy	5 pieces	150								