

Artisan Baked Goods Nutritional Information (Northern California)

Peet's has selected experienced, local bakeries to create a wide selection of baked goods in the tradition of Artisans – made by hand, in small batches and delivered fresh daily. The following nutritional information is provided by our baked goods suppliers and is intended only as an estimate. Because of the handcrafted nature of the baked goods at Peet's, serving size and nutritional data may vary. Peet's bears no responsibility for the accuracy of this information. The data is representative of most of our Northern California bakery suppliers and may not accurately represent the products in other markets. Ongoing changes in the baked goods assortment and recipes may cause the information provided in this document to be incomplete. Not all items are available in every location. All of our baked goods are produced in bakeries where known allergens are present. Data is rounded to meet FDA regulations. Data for vitamins and minerals refers to percentage of US recommended daily intake values.

	<i>Serving Size (g)</i>	<i>Calories</i>	<i>Calories from Fat (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Vitamin A (%)</i>	<i>Vitamin C (%)</i>	<i>Calcium (%)</i>	<i>Iron (%)</i>
<u><i>Muffins:</i></u>																
Reduced Fat Pumpkin Ginger Muffin	150	460	130	14	1.5	0	55	530	75	3	37	8	190	4	10	20
Low Fat Banana Blueberry Muffin	142	290	50	3	1	0	0	300	54	2	28	7	2	6	10	15
Hazelnut Blackberry Muffin	142	500	230	26	13	0	115	450	62	2	29	8	8	0	6	10
Blueberry Muffin	145	480	180	21	9	0	100	530	65	2	25	8	4	2	6	15
Spiced Applesauce Muffin	142	450	160	18	7	0	50	280	70	2	26	7	4	2	8	15
Bran Cranberry Apple Muffin	177	550	250	28	9	0	95	740	65	9	22	8	2	4	8	20
Reduced Fat Carrot Ginger Muffin	142	350	60	6	0.5	0	0	330	69	3	32	7	90	15	8	15
Reduced Fat Blueberry Lemon Muffin	145	470	120	13	1.5	0	50	660	75	2	36	8	4	2	6	15
Whole Wheat Honey Bran Muffin	142	390	100	11	1	0	35	180	68	2	26	7	2	0	8	15
Lemon Poppyseed Muffin	142	260	100	11	3	0	75	220	30	1	13	11	2	4	6	6
Savory Ham Muffin	142	450	250	28	11	0	80	420	39	1	5	12	6	0	20	10
Double Chocolate Muffin (Vegan)	156	460	210	17	3	0	0	135	75	3	37	8	0	0	20	25
<u><i>Scones:</i></u>																
Reduced Fat Berry Peach Scone	122	330	80	9	5	0	60	330	55	2	18	7	2	20	6	15
Iced Maple Nut Scone	122	480	220	25	14	0	95	400	55	2	27	6	15	0	8	10
Fat Free Apricot Oatmeal Scone (Vegan)	113	270	25	0	0	0	0	60	53	4	11	8	0	2	6	15
Cream Currant Scone	118	480	250	28	16	0	115	480	50	2	15	7	15	2	6	15
Blackberry Raspberry Scone	113	270	90	11	5	0	25	170	42	3	10	3	4	10	4	6
Pumpkin Scone	113	430	200	23	14	0	60	450	50	3	9	7	120	6	10	25
Cranberry Walnut Scone	113	320	80	9	4	0	20	150	49	2	30	3	4	15	8	10
Reduced Fat Fruit & Nut Scone	113	420	170	19	7	0	25	180	57	5	18	9	0	2	8	15
Peach Blackberry Scone	113	270	90	11	5	0	25	170	41	2	10	3	4	10	4	6
Blueberry Cranberry Scone	113	250	90	11	5	0	25	170	36	3	11	3	4	10	2	6
Iced Lemon Curd Scone	122	490	220	25	15	0	100	450	55	1	25	6	10	4	6	15
Strawberry Scone	113	480	250	29	17	0	120	500	45	2	10	7	15	4	6	15
Ollaliberry Scone	113	440	200	23	13	0	125	570	4	2	10	7	10	0	6	15
Iced Eggnog Scone	141	580	240	28	16	0	165	570	74	2	29	8	8	0	8	15
Petite Lemon Currant Scone	43	170	40	4.5	2.5	0	20	50	23	1	8	2	0	0	2	4
<u><i>Croissants:</i></u>																
Cinnamon Twist	95	460	220	27	17	0	75	480	45	2	9	7	0	0	6	4
Chocolate Croissant	104	470	240	27	15	0	70	440	48	2	5	8	0	0	6	4
Butter Croissant	91	380	190	22	14	0	65	410	35	1	4	7	0	0	6	4
Almond Croissant	109	470	260	29	16	0	75	470	40	2	9	9	0	0	8	4

	Serving Size (g)	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Ham and Swiss Cheese Croissant	113	490	260	30	18	0	90	690	40	1	5	14	2	2	15	4
<u>Danish:</u>																
Bearclaw	118	520	280	31	18	0	85	520	55	2	14	9	2	0	8	4
Sweet Cheese Pastry	141	510	230	26	16	0	70	460	60	1	25	8	4	0	8	4
Fresh Apple Pastry	136	420	200	23	14	0	65	410	45	2	15	7	0	2	4	2
Blueberry Sweet Cheese Pastry	113	420	210	24	15	0	65	420	45	2	10	7	4	2	6	4
Cherry Sweet Cheese Pastry	113	430	210	24	15	0	65	420	45	1	11	7	4	0	6	4
<u>Cinnamon/Sticky Bun:</u>																
Cinnamon Roll	159	540	170	20	11	0	80	320	80	3	32	9	2	0	8	20
Sticky Bun	132	590	220	25	11	0	70	350	83	3	42	8	2	0	10	15
<u>Sweet Breads:</u>																
Banana Nut Bread	130	470	170	20	9	0	90	450	65	2	27	7	15	6	10	15
Citrus Bread	126	470	190	21	10	0	95	340	65	1	35	7	2	2	6	10
Reduced Fat Orange Cranberry Bread	122	380	100	11	1	0	40	480	65	2	30	6	4	6	6	15
Marble Bread	125	480	210	24	13	0	115	600	60	2	32	7	6	0	10	15
R/F Banana Chocolate Cherry Bread	132	390	110	11	7	0	60	450	70	3	37	7	10	10	6	15
Gingerbread Loaf Cake	154	510	200	20	3	0	75	450	80	2	48	5	8	2	4	15
Zucchini Bread	127	460	190	22	2	0	65	600	55	2	28	7	4	10	8	15
Pumpkin Cheese Bread	134	380	140	16	1.5	0	75	520	50	2	28	6	470	2	6	15
Carrot Bread	132	470	210	21	4	0	65	480	65	2	32	6	15	4	8	15
<u>Cookies:</u>																
Chocolate Chip Cookie	86	410	180	20	9	0	50	280	50	4	33	5	10	0	4	10
Peanut Butter Cookie	99	430	210	23	9	0	55	260	52	2	28	9	4	0	8	15
Sugar Cookie	64	290	90	12	7	0	55	150	40	1	19	4	0	0	2	8
Spicy Ginger Cookie	99	390	120	13	6	0	35	200	65	1	35	5	0	0	10	20
Chocolate Truffle Cookie	86	380	180	20	10	0	80	80	50	4	35	6	2	0	2	15
Orange Oatmeal Craisin Cookie	99	410	130	18	9	0	50	270	57	2	23	6	6	2	8	10
Florentine Cookie	45	270	180	21	8	0	30	5	18	2	15	4	8	0	6	4
Shortbread	94	450	250	28	14	0	30	450	47	1	14	5	15	0	4	6
Mad Cookie	91	440	190	22	12	0	60	250	55	4	31	7	0	0	8	10
Walnut Snickerdoodle Cookie	99	450	210	24	8	0	50	140	56	2	29	7	2	0	2	10
Vegan Ginger Cookie	85	230	50	5	2	0	0	110	45	2	28	4	0	1	0	4
Vegan Chocolate Chip Cookie	85	220	89	8	3	0	0	98	37	1	18	4	6	1	1	7
Vegan Oatmeal Raisin Cookie	85	230	86	13	4	0	0	186	27	1	14	4	5	1	6	9
Cereal Cookie with Cranberries	77	310	120	14	8	0	65	340	41	3	22	6	2	4	4	10

	<i>Serving Size (g)</i>	<i>Calories</i>	<i>Calories from Fat (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Vitamin A (%)</i>	<i>Vitamin C (%)</i>	<i>Calcium (%)</i>	<i>Iron (%)</i>
<u><i>Dessert Bars</i></u>																
Seven Layer Bar	91	480	240	27	15	0	25	240	55	3	45	6	2	0	8	10
Pecan Bar	82	420	260	29	11	0	45	70	35	2	23	3	2	0	4	6
Pumpkin Pie Bar	132	340	140	15	8	0	10	330	40	2	25	7	910	6	10	10
Fudge Brownie	95	390	180	20	10	0	105	80	50	4	38	5	10	0	2	15
Fruit Bar	151	460	170	19	11	0	50	240	66	4	32	6	0	100	8	10
Caramel Toffee Blondie	82	390	170	20	12	0	95	100	45	1	28	4	2	0	6	8
Reduced Fat Cherry Oatmeal Bar	99	290	70	8	3	0	0	110	49	2	23	6	8	4	4	10
Cheesecake Bar with Raspberry	128	490	290	32	19	0	75	420	45	1	32	6	2	6	4	2
Cheesecake Bar with Lemon	128	490	290	33	19	0	90	430	41	1	29	7	2	2	4	2
Carmelita Bar	104	500	220	25	15	0	45	360	65	3	41	6	0	0	6	10
Lemon Bar	128	370	120	14	6	0	140	220	58	1	42	6	10	20	4	6
Blondie Bites	21	90	30	4	2	0	20	60	13	0	7	1	0	0	2	4
Brownie Bites	21	80	40	5	3	0	25	45	11	1	8	1	0	0	0	4
<u><i>Cakes</i></u>																
Classic Coffee Cake	141	590	240	27	14	0	115	400	75	2	43	8	2	0	15	15
Black Bottom Cupcake	71	220	80	10	3	0	5	130	33	1	20	3	0	0	2	8
Devil's Food Cupcake	128	500	220	25	10	0	55	330	68	1	51	4	2	0	4	15
Almond Tea Cake	65	220	100	12	7	0	30	125	23	0	17	6	0	0	4	4
Streusel Bundt Cake	136	540	220	14	3	0	50	280	55	3	47	5	15	0	10	15
Carrot Cake with Cream Cheese Frosting	128	440	190	21	4	0	60	190	58	1	43	4	100	2	6	9
Peet's Midnight Cake	113	350	130	14	3	0	50	280	55	3	37	5	2	0	2	10
Blueberry Buckle Cake	127	390	140	14	8	0	60	450	60	2	30	5	20	2	4	10
<u><i>Other</i></u>																
Madeleines	17	77	33	4	2	0	23	33	11	0	6	1	3	0	0	1
Macaroon	71	260	170	18	9	0	5	140	34	1	21	3	0	0	4	4
Almond Biscotti	22	80	20	2	0	0	15	65	15	1	9	3	0	0	2	4
Chocolate Dipped Almond Biscotti	34	150	50	6	3	0	15	65	23	1	14	3	0	0	0	4
Chocolate Biscotti	34	160	20	7	3	0	5	15	22	<2	12	3	0	0	0	8