

Artisan Baked Goods Nutritional Information (Southern 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 Southern 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 at 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.

	Serving Size (g)		Calories from Fat (g)		Total Fat (g)	Saturated Fat	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Muffins																	
Blueberry Muffin	128	440	210	23	3	0	90	390	52	1	33	5	4	0	4	8	
Honey Bran Muffin	149	450	200	18	8	0	75	590	81	7	45	12	2	0	15	20	
Cranberry Orange Muffin	128	350	90	11	1	0	15	610	58	2	29	7	2	15	8	10	
Reduced Fat Morning Star Muffin	165	380	90	9	1.5	0	15	440	67	2	38	8	6	2	15	10	
Low Fat Mixed Berry Bran Muffin	142	360	100	11	1	0	5	410	61	3	29	8	2	8	15	10	
Chocolate Cream Cheese Muffin	142	520	220	25	7	0	80	710	67	2	39	9	2	0	6	10	
Apple Cinnamon Muffin	142	510	220	25	3	0	30	710	67	2	39	9	2	0	6	10	
L/F Fruit Sweetened Blueberry Muffin	142	280	80	8	1	0	10	610	43	3	9	10	8	15	20	15	
Pumpkin Spice Muffin	142	439	207	23	3	0	90	168	57	3	34	8	10	5	10	10	
Scones																	
Dried Fruit & Nut Scone	125	480	230	22	8	0	30	160	66	9	41	10	15	0	15	20	
Three Berry Scone	156	450	100	11	6	0	35	580	84	3	33	8	8	20	8	15	
Blueberry Scone	128	460	130	14	9	0	35	540	75	2	26	7	10	0	6	15	
Currant Oatmeal Scone	141	560	210	24	14	0	60	350	81	6	37	9	20	6	8	20	
Multigrain Scone	127	450	210	23	14	0	55	690	64	4	22	8	4	8	15	15	
Iced Maple Oat Scone	135	540	210	24	5	0	50	480	74	2	16	8	2	0	15	15	
Low Fat Mixed Berry Scone	127	330	10	1	0	0	0	420	74	2	33	7	0	4	15	15	
Chocolate Chunk Walnut Scone	128	550	230	26	9	0	20	370	71	4	26	10	4	0	10	20	
Raspberry Scone	127	440	180	20	12	0	55	350	57	2	17	8	6	0	15	15	
Cherry Almond Scone	127	440	180	20	5	0	55	350	57	2	17	8	6	0	15	15	
Reduced Fat Ginger Scone	133	430	100	11	6	0	30	490	78	2	27	8	6	0	8	20	
Iced Pumpkin Scone	127	338	139	16	5	0	46	277	44	2	12	7	9	5	9	14	
Croissants																	
Butter Croissant	71	270	130	14	9	0	50	330	32	1	5	5	10	0	2	10	
Chocolate Croissant	85	350	160	17	11	0	50	320	42	2	14	6	10	0	2	10	
Cinnamon Twist	90	310	120	14	5	0	75	440	40	2	11	7	2	0	4	15	
Almond Croissant	110	430	210	23	12	0	70	420	47	2	22	9	2	0	6	10	
Danish																	
Apple Crisp	120	340	160	18	11	0	50	490	41	2	12	5	0	8	0	10	
All Natural Cheese Danish	117	400	220	25	15	0	70	480	38	1	14	8	15	0	4	10	
Raspberry Diamond Danish	85	350	110	12	8	0	40	180	54	<1	41	4	10	0	8	4	
Bear Claw	109	400	220	25	8	0	75	115	36	4	22	8	2	0	4	2	
Orange Danish	85	380	200	22	9	0	50	250	40	2	17	7	10	0	6	10	
Cherry Crisp	120	370	160	18	11	0	50	480	48	1	21	5	2	2	2	10	

	Serving Size (g)	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Cinnamon Rolls																
Cinnamon Roll	148	490	140	16	9	0	35	440	79	2	14	9	15	0	6	20
Iced Fat Free Cinnamon Roll	148	410	5	0	0	0	0	480	102	3	46	9	0	0	6	20
Sweet Breads																
Banana Pound Cake	125	420	190	21	9	0	80	430	52	3	29	6	10	6	6	10
Carrot Pound Cake	109	230	60	7	1	0	45	510	39	2	21	4	140	0	8	10
Lemon Pound Cake	109	370	120	13	1.5	0	55	115	58	2	31	4	0	0	4	10
Gingerbread Loaf Cake	112	330	120	13	8.0	0	85	180	41	1	24	4	8	0	15	15
Zucchini Bread	117	310	110	12	5	0	65	390	45	2	23	6	8	0	4	10
Pumpkin Chocolate Bread	125	400	150	17	4	0	65	210	59	3	29	7	90	2	4	15
Cookies																
Oatmeal Cookie	87	410	190	21	9	0	65	140	51	3	31	7	10	0	8	15
Chocolate Chunk Cookie	85	400	160	18	11	0	50	130	57	2	34	4	10	0	2	10
Peanut Butter Cookie	85	440	220	24	11	0	75	290	49	2	31	8	10	0	2	10
Snickerdoodle Cookie	85	380	140	15	10	0	75	230	55	1	29	4	10	0	0	10
Vegan Ginger Cookie	85	230	55	5	2	0	0	110	45	2	26	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
Peanut Butter Cup Cookie	110	490	170	20	8	0	15	75	71	3	38	10	6	0	4	15
Palmier	85	320	160	18	11	0	45	450	36	1	11	5	0	0	0	8
Linzer Cookie	78	340	160	17	10	0	73	305	56	0	20	5	0	0	0	4
Sugar Cookie	57	250	80	9	5	0	40	75	41	0	19	3	6	0	0	2
Dessert Bars																
Walnut Brownie	129	384	138	19	5	0	98	288	79	3	60	4	6	0	6	30
Caramel Pecan Brownie	129	384	120	16	7	0	62	288	75	3	60	4	6	0	3	30
Carrot Cake Bar	129	360	45	16.0	1.5	0	36	270	73	6	62	4	105	0	10	4
Low Fat Brownie	129	360	45	6	2	0	36	270	73	6	63	4	15	6	3	30
Cakes																
Chocolate Streusel Coffee Cake	130	481	240	26	5	0	117	33	46	2	24	4	9	0	3	24
Cinnamon Streusel Coffee Cake	130	468	240	26	5	0	117	44	46	2	21	4	9	0	3	15
Summer Camp Coffee Cake	113	480	240	26	10	0	85	500	57	2	36	8	10	0	8	10
Other Essentials																
Madeleine	17	77	33	4	2	0	23	33	11	0	6	1	3	0	0	1
Sourdough Roll	57	170	0	0.5	0	0	0	430	36	2	<1	7	0	0	0	10
Apple Rustic Tart	142	590	230	25	15	0	70	70	84	2	42	6	20	0	0	10
Apricot Panettone	99	290	100	11	6	0	110	330	42	2	16	6	15	0	2	10
Artichoke Snack Bread	99	190	35	3.5	0	0	0	560	34	2	1	5	0	0	0	10
Cherry Rustic Tart	142	510	230	25	15	0	70	70	69	2	30	6	25	0	2	15
Pretzel Braid	57	180	25	3	1.5	0	5	1780	33	1	2	5	2	0	2	10
Bagels																
Water Bagel	128	370	40	4.5	0.5	0	0	610	73	2	9	11	0	0	0	20
Seeded Bagel	142	450	120	13	1.5	0	0	740	71	6	7	16	0	0	6	25
Biscotti																
Almond Biscotti	35	184	90	10	1.25	0	24	25	20	2	9	4	1	0	4	5
Chocolate Dipped Almond Biscotti	40	224	108	12	2.25	0	24	27	23	2	11	4	1	0	4	5