

## Nutrient Breakdown –

### Dessert Recipes:

#### Macaroonies

Serving Size: 1 cookie

Calories: 90, Total Fat: 4.5g, Saturated Fat: 3g, Cholesterol: 20mg, Sodium: 35mg, Total Carbohydrate: 13g, Fiber: 0g, Protein: 1g

#### New Haven Cake

Serving Size: 1/9<sup>th</sup> Cake

Calories: 330, Total Fat: 15g, Saturated Fat: 5g, Cholesterol: 50mg, Sodium: 160mg, Total Carbohydrate: 45g, Fiber: 2g, Protein: 5g

#### Mexican Chocolate Cake

Serving Size: 1/12<sup>th</sup> Cake

Calories: 640, Total Fat: 33g, Saturated Fat: 9g, Cholesterol: 80mg, Sodium: 360mg, Total Carbohydrate: 85g, Fiber: 2g, Protein: 6g

#### Peanut Butter Cake

Serving Size: 1/12<sup>th</sup> Cake

Calories: 260, Total Fat: 10g, Saturated Fat: 2.5g, Cholesterol: 0mg, Sodium: 340mg, Total Carbohydrate: 40g, Fiber: 0g, Protein: 4g

#### Mounds Bars

Serving Size: 1/12<sup>th</sup>

Calories: 930, Total Fat: 54g, Saturated Fat: 30g, Cholesterol: 20mg, Sodium: 510mg, Total Carbohydrate: 107g, Fiber: 6g, Protein: 13g

#### Peanut Butter Dessert

Serving Size: 1/12<sup>th</sup>

Calories: 750, Total Fat: 53g, Saturated Fat: 19g, Cholesterol: 55mg, Sodium: 510mg, Total Carbohydrate: 61g, Fiber: 4g, Protein: 16g

#### Fudge Nut Bars

Serving Size: 1/12<sup>th</sup>

Calories: 770, Total Fat: 36g, Saturated Fat: 11g, Cholesterol: 55mg, Sodium: 700mg, Total Carbohydrate: 102g, Fiber: 6g, Protein: 14g

#### Raspberry Torte

Serving Size: 1/12<sup>th</sup>

Calories: 390, Total Fat: 26g, Saturated Fat: 16g, Cholesterol: 40mg, Sodium: 200mg, Total Carbohydrate: 33g, Fiber: 3g, Protein: 4g

#### Date Bar

Serving Size: 1/12<sup>th</sup>

Calories: 490, Total Fat: 20g, Saturated Fat: 3g, Cholesterol: 0mg, Sodium: 270mg, Total Carbohydrate: 78g, Fiber: 5g, Protein: 5g

### Cream Puffs

Serving Size: 1 large puff

Calories: 230, Total Fat: 14g, Saturated Fat: 6g, Cholesterol: 55mg, Sodium: 115mg, Total Carbohydrate: 21g, Fiber: 0g, Protein: 4g

### Cranberry Orange Meltaway Cookies

Serving Size: 1 cookie

Calories: 80, Total Fat: 5g, Saturated Fat: 1.5g, Cholesterol: 10mg, Sodium: 55mg, Total Carbohydrate: 9g, Fiber: 0g, Protein: 1g

### Coconut Pineapple Squares

Serving Size: 1/9<sup>th</sup>

Calories: 350, Total Fat: 22g, Saturated Fat: 16g, Cholesterol: 55mg, Sodium: 135mg, Total Carbohydrate: 35g, Fiber: 4g, Protein: 4g

### Coffeecake

Serving Size: 1/12<sup>th</sup>

Calories: 390, Total Fat: 16g, Saturated Fat: 3g, Cholesterol: 35mg, Sodium: 270mg, Total Carbohydrate: 58g, Fiber: 2g, Protein: 5g

### Chocolate Coconut Cake

Serving Size: 1/20<sup>th</sup> Cake

Calories: 570, Total Fat: 24g, Saturated Fat: 16g, Cholesterol: 20mg, Sodium: 410mg, Total Carbohydrate: 85g, Fiber: 3g, Protein: 5g

### Carrot Nut Bread

Serving Size: 1 Slice

Calories: 270, Total Fat: 9g, Saturated Fat: 1g, Cholesterol: 35mg, Sodium: 330mg, Total Carbohydrate: 45g, Fiber: 3g, Protein: 6g

### Bran Muffins

Serving Size: 1 Muffin

Calories: 140, Total Fat: 5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 170mg, Total Carbohydrate: 22g, Fiber: 2g, Protein: 3g