



TALERICO
BAKERY
 FRESH ON DEMAND
 EST. 1984

Donuts

7300 Glazed Yeast Ring 2.7 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 15g		15g	19%	Total Carbohydrate 40g	15%
Saturated Fat 5g		5g	25%	Dietary Fiber 1g	4%
Trans Fat 0g		0g		Total Sugars 20g	
Cholesterol 5mg		5mg	2%	Includes 19g Added Sugars	38%
Sodium 650mg		650mg	28%	Protein 4g	
Vitamin D 0mcg 0%		0mcg	0%	Calcium 50mg 4%	
Potassium 90mg 2%		90mg	2%	Iron 1.5mg 8%	
Calories per serving 310		*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Calories per gram:		Fat 9 • Carbohydrate 4 • Protein 4			

7301 Chocolate Iced Ring 2.7 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 15g		15g	19%	Total Carbohydrate 40g	15%
Saturated Fat 5g		5g	25%	Dietary Fiber 1g	4%
Trans Fat 0g		0g		Total Sugars 19g	
Cholesterol 5mg		5mg	2%	Includes 18g Added Sugars	36%
Sodium 630mg		630mg	27%	Protein 4g	
Vitamin D 0mcg 0%		0mcg	0%	Calcium 40mg 4%	
Potassium 100mg 2%		100mg	2%	Iron 1.6mg 8%	
Calories per serving 310		*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Calories per gram:		Fat 9 • Carbohydrate 4 • Protein 4			

7302 White Iced Ring with Decos 2.8 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 9g		9g	12%	Total Carbohydrate 43g	16%
Saturated Fat 3.5g		3.5g	18%	Dietary Fiber --g	--%
Trans Fat 0g		0g		Total Sugars 19g	
Cholesterol 0mg		0mg	0%	Includes 18g Added Sugars	36%
Sodium 300mg		300mg	13%	Protein 4g	
Vitamin D 0mcg 0%		0mcg	0%	Calcium 40mg 4%	
Potassium 70mg 2%		70mg	2%	Iron 1.6mg 8%	
Calories per serving 270		*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Calories per gram:		Fat 9 • Carbohydrate 4 • Protein 4			

7303 Pink Iced Ring with Decos 2.8 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 9g		9g	12%	Total Carbohydrate 43g	16%
Saturated Fat 3g		3g	15%	Dietary Fiber --g	--%
Trans Fat 0g		0g		Total Sugars 17g	
Cholesterol 0mg		0mg	0%	Includes 16g Added Sugars	32%
Sodium 330mg		330mg	14%	Protein 4g	
Vitamin D 0mcg 0%		0mcg	0%	Calcium 10mg 0%	
Potassium 80mg 2%		80mg	2%	Iron 1.6mg 8%	
Calories per serving 260		*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Calories per gram:		Fat 9 • Carbohydrate 4 • Protein 4			

7304 Apple Fritter 5.3 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 23g		23g	29%	Total Carbohydrate 77g	28%
Saturated Fat 8g		8g	40%	Dietary Fiber 1g	4%
Trans Fat 0g		0g		Total Sugars 41g	
Cholesterol 5mg		5mg	2%	Includes 37g Added Sugars	74%
Sodium 1030mg		1030mg	45%	Protein 6g	
Vitamin D 0mcg 0%		0mcg	0%	Calcium 120mg 10%	
Potassium 170mg 4%		170mg	4%	Iron 2.5mg 15%	
Calories per serving 530		*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Calories per gram:		Fat 9 • Carbohydrate 4 • Protein 4			

7305 Boston Crème Bismarck 4.0 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 18g		18g	23%	Total Carbohydrate 52g	19%
Saturated Fat 6g		6g	30%	Dietary Fiber 1g	4%
Trans Fat 0g		0g		Total Sugars 23g	
Cholesterol 5mg		5mg	2%	Includes 22g Added Sugars	44%
Sodium 740mg		740mg	32%	Protein 4g	
Vitamin D 0mcg 0%		0mcg	0%	Calcium 40mg 4%	
Potassium 110mg 2%		110mg	2%	Iron 1.8mg 10%	
Calories per serving 380		*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Calories per gram:		Fat 9 • Carbohydrate 4 • Protein 4			

7306 Vanilla Iced Raspberry Filled Bismarck 4.0 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 16g		16g	21%	Total Carbohydrate 56g	20%
Saturated Fat 5g		5g	25%	Dietary Fiber 1g	4%
Trans Fat 0g		0g		Total Sugars 32g	
Cholesterol 5mg		5mg	2%	Includes 31g Added Sugars	62%
Sodium 710mg		710mg	31%	Protein 4g	
Vitamin D 0mcg 0%		0mcg	0%	Calcium 50mg 4%	
Potassium 110mg 2%		110mg	2%	Iron 1.6mg 8%	
Calories per serving 380		*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Calories per gram:		Fat 9 • Carbohydrate 4 • Protein 4			

7307 Chocolate Iced Long John 3.8 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 17g		17g	22%	Total Carbohydrate 53g	19%
Saturated Fat 6g		6g	30%	Dietary Fiber --g	--%
Trans Fat 0g		0g		Total Sugars 22g	
Cholesterol 0mg		0mg	0%	Includes 21g Added Sugars	42%
Sodium 390mg		390mg	17%	Protein 5g	
Vitamin D 0mcg 0%		0mcg	0%	Calcium 40mg 4%	
Potassium 140mg 2%		140mg	2%	Iron 2.1mg 10%	
Calories per serving 380		*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Calories per gram:		Fat 9 • Carbohydrate 4 • Protein 4			



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7315 Glazed Old Fashioned Donut 3.7 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 14g	18%	Total Carbohydrate 60g	22%
		Saturated Fat 6g	30%	Dietary Fiber 0g	0%
		Trans Fat 0g		Total Sugars 36g	
		Cholesterol 10mg	3%	Includes 35g Added Sugars	70%
Serving size 1 Donut (105g)		Sodium 370mg	16%	Protein 4g	
		Vitamin D 0.1mcg 0% • Calcium 70mg 6% • Iron 1.6mg 8% Potassium 80mg 2%			
Calories per serving		370			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 8 • Carbohydrate 4 • Protein 4</small>					

7316 Blueberry Glazed Old Fashioned 3.7 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 19g	24%	Total Carbohydrate 62g	23%
		Saturated Fat 7g	35%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 29g	
		Cholesterol 25mg	8%	Includes 27g Added Sugars	54%
Serving size 1 Donut (113g)		Sodium 430mg	19%	Protein 6g	
		Vitamin D 0.1mcg 0% • Calcium 40mg 4% • Iron 2.3mg 15% Potassium 120mg 2%			
Calories per serving		440			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 8 • Carbohydrate 4 • Protein 4</small>					

7317 Glazed Devil's Food Old Fashioned 3.7 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 16g	21%	Total Carbohydrate 62g	23%
		Saturated Fat 6g	30%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 36g	
		Cholesterol 20mg	7%	Includes 34g Added Sugars	68%
Serving size 1 Donut (105g)		Sodium 430mg	19%	Protein 5g	
		Vitamin D 0mcg 0% • Calcium 83mg 6% • Iron 3mg 15% Potassium 139mg 2%			
Calories per serving		400			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>					

7320 Glazed Apple Cider 3.5 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 15g	19%	Total Carbohydrate 54g	20%
		Saturated Fat 6g	30%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 36g	
		Cholesterol 10mg	3%	Includes 34g Added Sugars	68%
Serving size 1 Donut (99g)		Sodium 300mg	13%	Protein 4g	
		Vitamin D 0mcg 0% • Calcium 71mg 6% • Iron 2mg 10% Potassium 55mg 2%			
Calories per serving		360			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>					

7321 Glazed Pumpkin Old Fashioned 3.7 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 15g	19%	Total Carbohydrate 58g	21%
		Saturated Fat 6g	30%	Dietary Fiber 0g	0%
		Trans Fat 0g		Total Sugars 36g	
		Cholesterol 10mg	3%	Includes 35g Added Sugars	70%
Serving size 1 Donut (105g)		Sodium 330mg	14%	Protein 4g	
		Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 1.6mg 8% Potassium 80mg 2%			
Calories per serving		370			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 8 • Carbohydrate 4 • Protein 4</small>					

7328 Butter Crème Chocolate Long John 5.2 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 38g	49%	Total Carbohydrate 77g	28%
		Saturated Fat 15g	75%	Dietary Fiber 1g	4%
		Trans Fat 1g		Total Sugars 48g	
		Cholesterol 5mg	2%	Includes 46g Added Sugars	92%
Serving size 1 Donut (147g)		Sodium 870mg	38%	Protein 5g	
		Vitamin D 0mcg 0% • Calcium 62mg 4% • Iron 2mg 10% Potassium 144mg 4%			
Calories per serving		660			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>					

7329 Orange Iced Ring with Decos 2.8 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 22g	28%	Total Carbohydrate 38g	14%
		Saturated Fat 9g	45%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 18g	
		Cholesterol 5mg	2%	Includes 17g Added Sugars	34%
Serving size 1 Donut (79g)		Sodium 560mg	24%	Protein 3g	
		Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1mg 6% Potassium 86mg 2%			
Calories per serving		360			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>					

7330 Red Iced Ring with Decos 2.8 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 15g	19%	Total Carbohydrate 44g	16%
		Saturated Fat 5g	25%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 23g	
		Cholesterol 5mg	2%	Includes 22g Added Sugars	44%
Serving size 1 Donut (79g)		Sodium 580mg	25%	Protein 4g	
		Vitamin D 0mcg 0% • Calcium 42mg 4% • Iron 1mg 6% Potassium 103mg 2%			
Calories per serving		320			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>					

7331 Green Iced Ring with Decos 2.8 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 15g	19%	Total Carbohydrate 44g	16%
		Saturated Fat 5g	25%	Dietary Fiber 0g	0%
		Trans Fat 0g		Total Sugars 23g	
		Cholesterol 5mg	2%	Includes 22g Added Sugars	44%
Serving size 1 Donut (79g)		Sodium 580mg	25%	Protein 4g	
		Vitamin D 0mcg 0% • Calcium 42mg 4% • Iron 1mg 6% Potassium 103mg 2%			
Calories per serving		320			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>					

7332 Chocolate Iced Ring with Decos 2.8 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 8g	10%	Total Carbohydrate 52g	19%
		Saturated Fat 2.5g	13%	Dietary Fiber 0g	0%
		Trans Fat 0g		Total Sugars 44g	
		Cholesterol 0mg	0%	Includes 44g Added Sugars	88%
Serving size 1 Donut (79g)		Sodium 140mg	6%	Protein 1g	
		Vitamin D 0mcg 0% • Calcium 65mg 6% • Iron 0mg 0% Potassium 119mg 2%			
Calories per serving		280			
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>					
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>					



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7340 Uniced Vanilla Cake Donut 3.5 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving 330		Total Fat 17g	22%	Total Carbohydrate 41g	15%
		Saturated Fat 7g	35%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 16g	
		Cholesterol 15mg	5%	Includes 14g Added Sugars	28%
		Sodium 510mg	22%	Protein 5g	
Serving size 1 Donut (85g)					
Vitamin D 0mcg 0% • Calcium 31mg 2% • Iron 3mg 15% Potassium 49mg 2%					
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 1					

7349 Red Velvet Cake Donut 3.7 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving 370		Total Fat 16g	21%	Total Carbohydrate 54g	20%
		Saturated Fat 6g	30%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 28g	
		Cholesterol 25mg	8%	Includes 27g Added Sugars	54%
		Sodium 560mg	24%	Protein 4g	
Serving size 1 Donut (99g)					
Vitamin D 0.1mcg 0% • Calcium 30mg 2% • Iron 2.6mg 15% Potassium 70mg 2%					
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4					

7352 White Iced Yeast Ring with USA Decos 2.8 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving 320		Total Fat 15g	19%	Total Carbohydrate 43g	16%
		Saturated Fat 5g	25%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 21g	
		Cholesterol 5mg	2%	Includes 20g Added Sugars	40%
		Sodium 620mg	27%	Protein 4g	
Serving size 1 Donut (79g)					
Vitamin D 0mcg 0% • Calcium 42mg 4% • Iron 1mg 6% Potassium 103mg 2%					
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4					

7368 Maple Iced Long John 3.7 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving 410		Total Fat 19g	24%	Total Carbohydrate 58g	20%
		Saturated Fat 7g	35%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 26g	
		Cholesterol 5mg	2%	Includes 25g Added Sugars	50%
		Sodium 880mg	38%	Protein 5g	
Serving size 1 Donut (105g)					
Vitamin D 0mcg 0% • Calcium 23mg 2% • Iron 2mg 10% Potassium 126mg 2%					
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					

7370 Glazed Blueberry Cake Donut 3.0 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving 330		Total Fat 15g	19%	Total Carbohydrate 46g	17%
		Saturated Fat 5g	25%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 16g	
		Cholesterol 20mg	7%	Includes 14g Added Sugars	28%
		Sodium 440mg	19%	Protein 5g	
Serving size 1 Donut (85g)					
Vitamin D 0.1mcg 0% • Calcium 30mg 2% • Iron 2.1mg 10% Potassium 130mg 2%					
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					

7374 Strawberry Iced Pull-A-Part 2.8 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving 310		Total Fat 13g	17%	Total Carbohydrate 46g	17%
		Saturated Fat 4.5g	23%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 27g	
		Cholesterol 5mg	2%	Includes 26g Added Sugars	52%
		Sodium 550mg	24%	Protein 3g	
Serving size 1 Donut (79g)					
Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 1.3mg 8% Potassium 80mg 2%					
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					



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Muffins

7311 Banana Chip Muffin 5.0 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 25g			32%	Total Carbohydrate 63g	23%
Saturated Fat 5g			25%	Dietary Fiber 1g	4%
Trans Fat 0g				Total Sugars 37g	
Cholesterol 90mg			30%	Includes 33g Added Sugars	66%
Sodium 490mg			21%	Protein 7g	
Calories per serving 500		Vitamin D 0mcg 0% • Calcium 35mg 2% • Iron 2mg 10% Potassium 129mg 2%			
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4					

7312 Blueberry Muffin 5.0 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 26g			33%	Total Carbohydrate 62g	23%
Saturated Fat 5g			25%	Dietary Fiber 1g	4%
Trans Fat 0g				Total Sugars 36g	
Cholesterol 80mg			27%	Includes 33g Added Sugars	66%
Sodium 460mg			20%	Protein 6g	
Calories per serving 490		Vitamin D 0mcg 0% • Calcium 33mg 2% • Iron 2mg 10% Potassium 103mg 2%			
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4					

7322 Chocolate Chunk Muffin 5.0 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 24g			31%	Total Carbohydrate 65g	24%
Saturated Fat 6g			30%	Dietary Fiber 1g	4%
Trans Fat 0g				Total Sugars 41g	
Cholesterol 90mg			30%	Includes 39g Added Sugars	78%
Sodium 570mg			25%	Protein 7g	
Calories per serving 520		Vitamin D 0mcg 0% • Calcium 42mg 4% • Iron 3mg 15% Potassium 245mg 5%			
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4					

7323 Apple Cinnamon Muffin 5.0 oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 28g			36%	Total Carbohydrate 64g	23%
Saturated Fat 7g			35%	Dietary Fiber 1g	4%
Trans Fat 0g				Total Sugars 37g	
Cholesterol 75mg			25%	Includes 34g Added Sugars	68%
Sodium 440mg			19%	Protein 6g	
Calories per serving 520		Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 2mg 10% Potassium 96mg 2%			
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					