

Piccadilly Breads

rev. October 2018

| Name | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Portion Size |
|-----------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--------------|
| Banana Bread | 330 | 80 | 9 | 1.5 | 1.5 | 35 | 600 | 58 | 1 | 38 | 4 | 113 g |
| Biscuits | 200 | 80 | 9 | 5 | 0 | 0 | 680 | 25 | 1 | 2 | 4 | 62 g |
| Blueberry Muffin | 180 | 45 | 5 | 1.5 | 0 | 20 | 390 | 32 | 1 | 0 | 3 | 70 g |
| Cinnamon Roll | 350 | 70 | 8 | 2 | 1 | 5 | 260 | 63 | 2 | 27 | 6 | 113 g |
| Cinnamon Roll Muffins | 180 | 40 | 4 | 1 | 0 | 5 | 140 | 33 | 1 | 14 | 3 | 61 g |
| Corn Stick | 150 | 80 | 9 | 1.5 | 0 | 25 | 400 | 16 | 1 | 2 | 3 | 55 g |
| Garlic Bread | 140 | 70 | 8 | 1.5 | 0 | 0 | 190 | 15 | 1 | 1 | 3 | 40 g |
| Hot Water corn Bread | 140 | 20 | 2.5 | 0 | 0 | 0 | 530 | 26 | 1 | 2 | 3 | 113 g |
| Mexican Corn Bread | 210 | 110 | 13 | 2 | 0 | 30 | 540 | 21 | 2 | 3 | 4 | 85 g |
| Raisin Bran Muffin | 240 | 60 | 7 | 1.5 | 0 | 25 | 180 | 43 | 2 | 25 | 4 | 82 g |
| Soft Roll | 150 | 30 | 3 | 0.5 | 0 | 0 | 230 | 26 | 1 | 3 | 5 | 50 g |
| Spoon Bread | 180 | 100 | 12 | 2 | 2.5 | 40 | 160 | 10 | 0 | 1 | 5 | 114 g |
| Sticky Bun | 350 | 120 | 13 | 2.5 | 1 | 5 | 260 | 53 | 2 | 17 | 7 | 105 g |
| Wheat Roll | 130 | 20 | 2.5 | 0 | 0 | 0 | 260 | 26 | 4 | 4 | 4 | 50 g |