

NUTRITIONAL FACTS

Kouign Amann - Original

Nutrition Facts	
15 Servings Per Container	
Serving Size	1 piece (84g)
Amount Per Serving	
Calories	320
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 370mg	16%
Total Carbohydrate 48g	17%
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 220mg	4%
* The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: Wheat Flour (Wheat Flour, Enzyme), Sugar, Water, Unsalted (Cultured) Butter (Pasteurized Cream (from milk), Natural Flavors (Lactic Acid, Starter Distillate)), Fresh Bakers Yeast, Dry Whole Milk, Salt, White Distilled Vinegar, Cultured Wheat Flour, Wheat Gluten, Deactivated Wheat Sourdough, Dough Conditioner (Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes)
Contains: Milk and Wheat
Manufactured in a facility which also uses Egg, Soy and Tree Nuts

NUTRITIONAL FACTS

Cherry

Nutrition Facts	
1 Servings Per Container	
Serving Size	1 piece (92g)
Amount Per Serving	
Calories	340
% Daily Values*	
Total Fat 12g	15%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 410mg	18%
Total Carbohydrate 49g	18%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 19g Added Sugars	39%
Protein 7g	13%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calo a day is used for general nutrition advice.</small>	

INGREDIENTS: Wheat Flour (Wheat Flour, Enzyme), Water, Sugar, Unsalted Butter (Cream (Milk), Natural Flavor), Cherry Filling (Cherries (Cherries), High Fructose Corn Syrup, Corn Syrup, Food Starch - Modified, Contains 2% or less of: Blue 1, Citric Acid, Gellan Gum, Natural and Artificial Flavor, Preservatives (Potassium Sorbate, Sodium Benzoate), Red 40, Salt), Fresh Bakers Yeast, Dry Whole Milk, White Distilled Vinegar, Cultured Wheat Flour, Wheat Gluten, Devitalized Wheat Sourdough, Dough Conditioner (Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes) Contains: Milk and Wheat- Manufactured in a facility which also uses Egg, Soy and Tree Nuts

NUTRITIONAL FACTS

Kouign Amann – Blueberry

Nutrition Facts	
15 servings per container	
Serving size	1 piece (92g)
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Amount per serving	
Calories	340
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% Daily Value*	
Total Fat 13g	17%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 410mg	18%
Total Carbohydrate 52g	19%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 22g Added Sugars	44%
Protein 6g	
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Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.6mg	8%
Potassium 230mg	4%
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<small>* The % Daily Value (DV) 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>	

INGREDIENTS:

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Blueberry Filling (Water, High Fructose Corn Syrup, Blueberries, Food Starch-Modified, Sugar, Dried Apples (Apples, Preservative(Sodium Sulfite)), Contains 2% or less of: Blue 1, Citric Acid, Corn Syrup Solids, Lemon Juice Solids, Natural and Artificial Flavor, Preservatives (Potassium Sorbate, Sodium Benzoate), Propylene Glycol, Red 40, Salt), Sugar, Unsalted Butter (Cream (Milk), Natural Flavor), Fresh Bakers Yeast, Dry Whole Milk, Salt, White Distilled Vinegar, Cultured Wheat Flour, Wheat Gluten, Devitalized Wheat Sourdough, Dough Conditioner (Wheat Flour, Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes)

Contains: Milk and Wheat

Manufactured in a facility which also uses Egg, Sesame, Soy and Tree Nuts