

GREAT HARVEST SWEETS NUTRITIONAL INFORMATION

570 E. BENSON ANCHORAGE, ALASKA 274-3331

| COOKIES | CALORIES | FAT | SAT. FAT | TRANS. FATS | FAT CALS. | CHOLEST. | SODIUM | CARBS | FIBER | SUGAR | PROTEIN |
|---|-----------------|------------|-----------------|--------------------|------------------|-----------------|---------------|--------------|--------------|--------------|----------------|
| <i>Chocolate Chip Oatmeal Cookie (114g)</i> | 480 | 22g/35% | 13g/65% | 0g | 200 | 60mg/21% | 420mg/17% | 68g/23% | 5g/21% | 33g | 7g |
| <i>Chocolate Mint Chip Cookies (117g)</i> | 500 | 27g/42% | 18g/90% | 0.5g/0% | 240 | 80mg/27% | 390mg/16% | 65g/22% | 2g/8% | 42g | 5g |
| <i>Chocolate Mint Cookies (113g)</i> | 500 | 27g/42% | 16g/80% | 0.5g/0% | 240 | 85mg/28% | 390mg/16% | 64g/21% | 2g/8% | 41g | 6g |
| <i>Double Chocolate Cookie (112g)</i> | 500 | 27g/42% | 16g/80% | 0.5g/0% | 240 | 85mg/28% | 390mg/16% | 64g/21% | 2g/8% | 41g | 6g |
| <i>Ginger Snap Cookie (80g)</i> | 330 | 15g/24% | 1.5g/7% | 0g | 130 | 25mg/9% | 350mg/15% | 47g/16% | 2g/10% | 23g | 5g |
| <i>Peanut Butter Cookie (114g)</i> | 450 | 26g/40% | 11g/55% | 0g | 240 | 60g/21% | 490mg/20% | 49g/16% | 4g/17% | 29g | 10g |
| <i>P.B. Chocolate Chip Cookie (130g)</i> | 440 | 19g/29% | 8g/38% | 0g | 160 | 0mg/0% | 750mg/30% | 69g/23% | 5g/20% | 47g | 8g |
| <i>Oatmeal Raisin Cookie (129g)</i> | 550 | 25g/39% | 15g/74% | 0g | 220 | 80mg/27% | 430mg/20% | 77g/26% | 6g/23% | 44g | 8g |
| <i>Sugar Cookie (114g)</i> | 510 | 30g/46% | 18g/91% | 0g | 270 | 115mg/39% | 510mg/21% | 56g/19% | 1g/4% | 23g | 6g |
| <i>Snickerdoodle (114g)</i> | 480 | 21g/32% | 13g/65% | 0g | 190 | 90mg/30% | 360mg/15% | 72g/24% | 1g/4% | 39g | 6g |
| MUFFINS (1/2 a muffin) | | | | | | | | | | | |
| <i>Apple Raisin Spice Muffin (205g)</i> | 440 | 2g/3% | 0g/0% | 0g | 15 | 0mg/0% | 780mg/32% | 108g/36% | 66g/37% | 66g | 8g |
| <i>Banana Chocolate Chip Muffin (97g)</i> | 350 | 22g/33% | 13g/65% | 0g | 190 | 65mg/22% | 420mg/18% | 41g/14% | 4g/16% | 19g | 4g |
| <i>Banana Walnut Muffin (134g)</i> | 400 | 20g/30% | 9g/44% | 0g | 170 | 125mg/42% | 470mg/20% | 54g/18% | 4g/16% | 35g | 7g |
| <i>Berry Strudel Muffin (155g)</i> | 470 | 13g/20% | 8g/38% | 0g | 120 | 50mg/17% | 400mg/17% | 85g/28% | 3g/13% | 64g | 5g |
| <i>Blueberry Almond Muffin (90g)</i> | 250 | 10g/15% | 5g/25% | 0g | 90 | 40mg/13% | 200mg/8% | 36g/12% | 3g/12% | 21g | 5g |
| <i>Cappuccino Chocolate Muffin (60g)</i> | 230 | 12g/18% | 7g/35% | 0g | 110 | 70mg/23% | 75mg/3% | 28g/9% | 1g/4% | 19g | 4g |
| <i>Carrot Raisin Muffin (98g)</i> | 210 | 5g/8% | 0g/0% | 0g | 45 | 0mg/0% | 150mg/6% | 41g/14% | 4g/15% | 25g | 4g |
| <i>Chocolate Brownie Muffin (125g)</i> | 450 | 21g/32% | 10g/50% | 0g | 190 | 70mg/23% | 260mg/11% | 66g/22% | 3g/12% | 43g | 6g |
| <i>Chocolate Chip Banana (97g)</i> | 350 | 22g/33% | 13g/65% | 0g | 190 | 65mg/22% | 420mg/18% | 41g/14% | 4g/16% | 19g | 4g |
| <i>Berry Nine Grain (108g)</i> | 170 | 1g/1.0% | 0g/0% | 0g | 5 | 0mg/0% | 230mg/10% | 38g/13% | 5g/19% | 13g | 5g |
| <i>Pumpkin Praline (97g)</i> | 360 | 17g/26% | 6g/32% | 0g | 150 | 35mg/12% | 230mg/10% | 53g/18% | 2g/7% | 43g | 3g |
| <i>Raspberry W.Chocolate (122g)</i> | 410 | 15g/23% | 9g/45% | 0g | 130 | 85mg/28% | 450mg/19% | 62g/21% | 2g/8% | 28g | 8g |
| <i>Raspberry Yogurt (101g)</i> | 190 | 4.5g/17% | 0g/0% | 0g | 40 | 0mg/0% | 200mg/8% | 39g/13% | 4g/16% | 25g | 4g |
| POUND BREADS (based on a 2oz slice) | | | | | | | | | | | |
| <i>Apple Walnut Coffee Cake</i> | 160 | 8g/12% | 3g/15% | 0g | 70 | 35g/12% | 160mg/7% | 22g/7% | 2g/6% | 14g | 3g |
| <i>Blueberry Coffee Cake</i> | 340 | 13g/20% | 8g/40% | 0g | 120 | 55mg/17% | 330mg/14% | 51g/17% | 4g/16% | 31g | 4g |
| <i>Blueberry Ginger Coffee Cake</i> | 160 | 6g/9% | 3g/15% | 0g | 60 | 25mg/8% | 125mg/5% | 22g/7% | 2g/8% | 13g | 3g |
| <i>Carrot Cake</i> | 120 | 3g/5% | 0.5g/3% | 0g | 25 | 15mg/5% | 110mg/4% | 24g/8% | 2g/9% | 14g | 2g |
| <i>Cinnamon Tea Cake</i> | 200 | 8g/12% | 4.5g/23% | 0g | 70 | 45mg/15% | 65mg/3% | 10g/10% | 0g/0% | 19g | 3g |
| <i>Cranberry Pecan Pound Bread</i> | 180 | 8g/12% | 4g/20% | 0g | 80 | 40mg/13% | 105mg/4% | 25g/8% | 1g/4% | 15g | 3g |
| <i>Double Chocolate Raspberry PB</i> | 180 | 8g/12% | 4.5g/23% | 0g | 70 | 40mg/23% | 150mg/6% | 26g/9% | 1g/4% | 14g | 3g |
| <i>Gingerbread</i> | 180 | 5g/8% | 3g/15% | 0g | 45 | 25mg/8% | 200mg/8% | 31g/10% | 1g/4% | 16g | 2g |
| <i>Lemon Blueberry Bliss Pound Bread</i> | 180 | 7g/11% | 4g/20% | 0g | 60 | 40mg/13% | 65mg/3% | 28g/9% | 0g/0% | 17g | 2g |
| <i>Lemon Poppyseed Pound Bread</i> | 190 | 7g/10% | 4g/20% | 0g | 60 | 45mg/15% | 120mg/5% | 29g/10% | 0g/2% | 17g | 3g |
| <i>Peachy Keen Pound Bread</i> | 150 | 6g/9% | 3g/15% | 0g | 60 | 25mg/8% | 125mg/5% | 22g/7% | 2g/8% | 13g | 3g |
| <i>Pumpkin Chocolate Chip Pound Bread</i> | 150 | 7g/11% | 1.5g/7% | 0g | 60 | 20mg/7% | 100mg/4% | 20g/7% | 1g/4% | 10g | 2g |

| | | | | | | | | | | | |
|---|-----|---------|----------|---------|-----|-----------|-----------|----------|---------|------|-----|
| Strawberry Rhubarb Coffee Cake | 160 | 5g/8% | 3g/15% | 0g | 45 | 40mg/13% | 110mg/5% | 26g/9% | 2g/8% | 17g | 3g |
| TREATS | | | | | | | | | | | |
| Berry Cream Cheese Scone | 580 | 24g/26% | 14g/17% | 0g | 210 | 100mg/33% | 680mg/28% | 86g/29% | 9g/35% | 13g | 5g |
| Brownie | 610 | 34g/52% | 20g/100% | 0.5g/0% | 300 | 180mg/60% | 280mg/12% | 73g/24% | 3g/12% | 50g | 8g |
| Butterscotch Bar (1 bar) | 990 | 44g/68% | 31g/155% | 0.5g/0% | 400 | 180mg/22% | 450mg/19% | 141g/47% | 10g/40% | 101g | 12g |
| Cinnamon Roll (14.3g) 1/2 C-Roll | 250 | 3.5g/5% | 1.5g/7% | 0g | 30 | 30mg/10% | 470mg/28% | 51g/17% | 3g/13% | 20g | 6g |
| Fruit Bar (159g) | 540 | 19g/29% | 12g/60% | 0g | 170 | 55mg/19% | 350mg/15% | 90g/30% | 7g/28% | 58g | 7g |
| Fruit Scone (1/2 scone) | 250 | 10g/15% | 6g/28 | 0g | 90 | 45mg/15% | 410mg/17% | 36g/12% | 1g/5% | 13g | 5g |
| Ham and Cheese Roll (1/2 roll) | 370 | 15g/23% | 9g/45% | 0g | 140 | 130mg/43% | 770mg/32% | 38g/13% | 4g/16% | 7g | 19g |
| Hot Cross Buns (1 roll, unfrosted) | 210 | .5g/1% | 0g/1% | 0g | 5 | 10mg/4% | 560mg/23% | 46g/15% | 2g/8% | 14g | 5g |
| Raisin Almond Granola (1/2 cup) | 230 | 9g/14% | 1.5g/7% | 0g | 80 | 0mg/0% | 0mg/0% | 35g/12% | 4g/16% | 16g | 6g |
| Trail Mix (1/4 cup) | 170 | 10g/15% | 2.5g/13% | 0g | 90 | 0mg/0% | 30mg/1% | 17g/6% | 2g/8% | 12g | 4g |
| Whole Wheat Shortbread (2 oz) | 270 | 16g/25% | 10g/50% | 0.5g/0% | 140 | 40mg/13% | 210mg/9% | 28g/9% | 4g/16% | 9g | 5g |

Notations made in "Amt./%Daily Values" are based on a 2000 calorie diet.

GREAT HARVEST BREAD INGREDIENTS

| COOKIES | INGREDIENTS |
|-------------------------------------|--|
| Chocolate Chip Oatmeal | Brown sugar, freshly milled 100% whole wheat flour, butter, rolled oats, water, eggs, chocolate chips, baking soda, baking powder and salt |
| Chocolate Mint | Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), butter, brown sugar, sugar, chocolate chips, white chocolate chips, eggs, cocoa powder, vanilla, peppermint extract, baking soda, salt |
| Chocolate Mint Chip | Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), butter, mint baking chips, brown sugar, sugar, chocolate chips, eggs, cocoa powder, vanilla, baking soda, salt |
| Double Chocolate | Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), butter, sugar, brown sugar, chocolate chips, white chocolate chips, eggs, cocoa powder, pure vanilla extract, baking soda, salt |
| Ginger Snap | Brown sugar, freshly milled 100% whole wheat flour, enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), canola oil, molasses, eggs, baking soda, cinnamon, ginger, cloves, salt and sugar topping |
| Peanut Butter | Brown sugar, peanut butter, freshly milled 100% whole wheat flour, water, butter, eggs, baking soda, baking powder, and salt. |
| Peanut Butter Chocolate Chip | Brown sugar, peanut butter, freshly milled 100% whole wheat flour, water, chocolate chips, butter, eggs, baking soda, baking powder and salt |
| Oatmeal Raisin | Brown sugar, butter, rolled oats, freshly milled 100% whole wheat flour, raisins, water, eggs, cinnamon, baking soda, baking powder and salt |
| Sugar | Enriched white flour(wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), butter, sugar, eggs, vanilla, cream of tartar, baking soda, and salt. |
| Snickerdoodle | Enriched white flour(wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, butter, eggs, cream of tartar, baking soda, cinnamon and salt |
| MUFFINS | INGREDIENTS |
| Apple Raisin Spice Muffin | Freshly milled 100% whole wheat flour, applesauce, apples, honey, apple juice concentrate, oat bran, oats, brown sugar, vanilla, cinnamon, baking soda, salt |
| Banana Walnut Muffin | Freshly milled 100% whole wheat flour, brown sugar, banana puree, walnuts, butter, eggs, buttermilk, cinnamon, baking soda, salt and allspice |

| | |
|---|---|
| <i>Banana Chocolate Chip Muffin</i> | Bananas, butter, freshly milled 100% whole wheat flour, brown sugar, chocolate chips, eggs, cinnamon, baking soda, salt and allspice |
| <i>Berry Strudel Muffin</i> | Brown sugar, buttermilk, blueberries, butter, freshly milled 100% whole wheat flour, rolled oats, powdered sugar, enriched white flour(wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), eggs, lemon juice, baking powder, lemon powder, vanilla, salt and milk. |
| <i>Blueberry Almond Muffin</i> | Sour cream, blueberries, freshly milled 100% whole wheat flour, brown sugar, sugar, eggs, butter, almonds, honey, rolled oats, baking powder, lemon peel, vanilla, salt, ginger, nutmeg, cardamom |
| <i>Cappuccino Chocolate Muffins</i> | Brown sugar, enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), butter, cream cheese, sugar, instant coffee crystals, and baking powder |
| <i>Carrot Raisin</i> | Freshly milled 100% whole wheat flour, apple sauce, carrots, oats, oat bran, raisins, brown sugar, egg whites, honey, canola oil, cinnamon, baking powder, baking soda, vanilla, nutmeg and salt. |
| <i>Chocolate Brownie Muffin</i> | Honey, enriched white flour (malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), chocolate chips, applesauce (apples, water), eggs, butter, brown sugar, canola oil, cocoa powder, baking powder, vanilla and salt |
| <i>Chocolate Chip Banana Muffin</i> | Bananas, butter, freshly milled 100% whole wheat flour, brown sugar, chocolate chips, eggs, cinnamon, baking soda, salt and allspice |
| <i>Berry Nine Grain Muffin</i> | Freshly milled 100% whole wheat flour, berries, apple sauce, water, rolled grain mix (rye chop, red wheat nuggets, corn grits, baking soda, cracked brown rice, oat flakes, trit flakes, soy grits, flax seeds, whole barley, whole millet), oat bran, honey, orange juice concentrate baking powder, salt, cinnamon. |
| <i>Pumpkin Praline Muffin</i> | Enriched white flour(wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), freshly milled 100% whole wheat flour, pumpkin, buttermilk, brown sugar, pecans, honey, molasses, butter, eggs, vanilla, baking powder, baking soda, cinnamon, salt and cloves. |
| <i>Raspberry W.Chocolate Muffin</i> | Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), whole milk, sugar, raspberries, eggs, lemon juice (lemon juice from concentrate (water, concentrated lemon juice), sodium benzoate, sodium metabisulfite and sodium sulfite (preservatives), lemon oil), butter, white chocolate chips, baking powder, poppy seeds, salt |
| <i>Raspberry Yogurt Muffin</i> | Freshly milled 100% whole wheat flour, oat bran, applesauce, raspberries, brown sugar, yogurt, honey, canola oil, egg whites, baking powder, baking soda, salt |
| POUND BREADS | INGREDIENTS |
| <i>Apple Walnut Coffee Cake</i> | Freshly milled 100% whole wheat flour, brown sugar, walnuts, apples, milk, eggs, butter, cinnamon, baking powder and salt |
| <i>Blueberry Coffee Cake</i> | Brown sugar, blueberries, freshly milled 100% whole wheat flour, sour cream, butter, eggs, baking powder, salt and cinnamon |
| <i>Blueberry Ginger Coffee Cake</i> | Sour cream, blueberries, freshly milled 100% whole wheat flour, brown sugar, sugar, eggs, butter, almonds, honey, rolled oats, baking powder, lemon peel, vanilla, salt, ginger, nutmeg, cardamom |
| <i>Carrot Cake</i> | Carrots, freshly milled 100% whole wheat flour, brown sugar, pineapple, raisins, eggs, applesauce, soybean oil, vanilla, baking soda, cinnamon, baking powder, nutmeg, salt, allspice |
| <i>Cinnamon Tea Cake</i> | Enriched while flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, cinnamon chips (sugar, palm oil, cinnamon, nonfat dry milk, soy lecitithin), butter, eggs, salt, baking powder |
| <i>Cranberry Pecan Pound Bread</i> | Sugar, enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), cranberries, milk, eggs, butter, pecans, baking powder, salt |
| <i>Double Chocolate Raspberry PB</i> | Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, chocolate chips, milk, eggs, butter, raspberries, cocoa powder, salt, baking powder, baking soda |
| <i>Gingerbread</i> | Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), molasses, water, brown sugar, |

| | |
|---|--|
| | butter, eggs, baking soda, salt, cinnamon, ginger |
| <i>Lemon Blueberry Bliss Pound Bread</i> | Sugar, Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), butter, milk, eggs, lemon juice, blueberries, baking powder, salt |
| <i>Lemon Poppyseed Pound Bread</i> | Sugar, enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), whole milk, eggs, butter, lemon juice, lemon juice powder, poppy seeds, baking powder, salt |
| <i>Peachy Keen Pound Bread</i> | Whole wheat flour, oats, sour cream, butter, almond extract, vanilla extract, honey, allspice, cardamom, ground ginger, nutmeg, sliced almonds, IQF peaches, brown sugar, granulated sugar |
| <i>Pumpkin Chocolate Chip Pound Bread</i> | Pumpkin, sugar, enriched white flour(wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), canola oil, eggs, chocolate chips, salt, baking soda, cinnamon, vanilla, baking powder and allspice |
| <i>Strawberry Rhubarb Coffee Cake</i> | Brown sugar, freshly milled 100% whole wheat flour, whole milk, eggs, butter, strawberries, rhubarb, baking powder, sugar, cinnamon |
| TREATS | INGREDIENTS |
| <i>Berry Cream Cheese Scone</i> | Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), raspberries, brown sugar, cream cheese, butter, eggs, baking powder, baking soda, buttermilk, eggs and vanilla. |
| <i>Brownie</i> | Brown sugar, butter, eggs, enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), chocolate chips, cocoa powder, baking powder, salt |
| <i>Butterscotch Bar</i> | Brown sugar, freshly milled 100% whole wheat flour, condensed milk, butterscotch baking chips, butter, chocolate chips, rolled oats, coconut, eggs, water, salt, baking soda and baking powder |
| <i>Cinnamon Roll</i> | Freshly milled 100% whole wheat flour, enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), water, brown sugar, eggs, honey, butter, cinnamon, yeast, salt, powdered sugar, milk and vanilla. |
| <i>Fruit Bar (159g)</i> | Butter, brown sugar, freshly milled 100% whole wheat flour, oats, various fruits, coconut, baking powder, baking soda, salt, eggs and water. |
| <i>Fruit Scone</i> | Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), brown sugar, butter, fruit, baking powder, baking soda, salt, buttermilk, eggs and vanilla. |
| <i>Hot Cross Buns</i> | Enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), water, golden raisins, currants, dried cranberries, yeast, eggs, salt, cinnamon, nutmeg, orange peel, lemon peel, butter, powdered sugar, milk |
| <i>Ham and Cheese Roll</i> | Cheddar cheese (cultured milk, salt, enzymes, annatto), water, enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), fresh ground 100% whole wheat flour, eggs, honey, pit ham (ham, water, honey, salt, brown sugar, dextrose, sodium, phosphates, sodium erythorbate, sodium nitrite), yeast and salt |
| <i>Raisin Almond Granola</i> | Rollled oats, raisins, honey, canola oil, almonds, sunflower seeds, coconut, maple syrup, sesame seeds, natural vanilla flavoring |
| <i>Trail Mix</i> | Candy coated colored chocolates (sugar, chocolate, skim milk, cocoa butter, lactose, milkfat, soy lecithin, salt, artificial flavors), honey roasted peanuts (peanuts, sugar, honey, salt, modified potato starch, xanthan gum, peanut oil and/or canola oil and/or soybean oil), almonds, golden raisins (raisins (with sulfur dioxide), dried cranberries (cranberries, sugar, and sunflower oil), sunflower seeds |
| <i>Whole Wheat Shortbread</i> | Freshly milled 100% whole wheat flour, butter, confectioners sugar, salt |

Processed in a bakery that uses milk, soybeans, eggs, wheat, tree nuts (almonds, hazelnuts, pecans, pine nuts, walnuts), peanuts and fish (salmon).