# NUTRITIONAL INFORMATION

## SPECIALS

### S'mores Pronut
*Gluten-Free*

*Contains dairy and tree nuts

**Nutrition Facts**
1 servings per container
**Serving size** 1 Donut (77g)

| Amount Per Serving | |
|---|---|
| **Calories** | **270** |
| | % Daily Value* |
| **Total Fat** 12g | 15% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 25g | 9% |
| Dietary Fiber 0g | 0% |
| Total Sugars 12g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.

### Carrot Cake Muffin
*Gluten-Free*

*Contains dairy and tree nuts

**Nutrition Facts**
1 servings per container
**Serving size** 1 Muffin (85g)

| Amount Per Serving | |
|---|---|
| **Calories** | **270** |
| | % Daily Value* |
| **Total Fat** 20g | 26% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 19g | 7% |
| Dietary Fiber 0g | 0% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 17g | 34% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Peach Crumble Muffin
*Gluten-Free*

*Contains dairy and tree nuts

**Nutrition Facts**
1 servings per container
**Serving size** 1 Muffin (80g)

| Amount Per Serving | |
|---|---|
| **Calories** | **260** |
| | % Daily Value* |
| **Total Fat** 16g | 21% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 18g | 7% |
| Dietary Fiber 0g | 0% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 16g | 32% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Peanut Butter Cup Brownies
*Gluten-Free*

*Contains dairy and tree nuts and peanuts

**Nutrition Facts**
1 servings per container
**Serving size** 1 Brownie (85g)

| Amount Per Serving | |
|---|---|
| **Calories** | **290** |
| | % Daily Value* |
| **Total Fat** 18g | 23% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 22g | 8% |
| Dietary Fiber 0g | 0% |
| Total Sugars 14g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 13g | 26% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Pistachio Muffin
*Gluten-Free*

*Contains dairy and tree nuts

**Nutrition Facts**
1 servings per container
**Serving size** 1 Muffin (85g)

| Amount Per Serving | |
|---|---|
| **Calories** | **270** |
| | % Daily Value* |
| **Total Fat** 20g | 26% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 19g | 7% |
| Dietary Fiber 0g | 0% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 17g | 34% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# NUTRITIONAL INFORMATION

## CLASSIC PRONUTS

### Blueberry Basil
*Gluten-Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (75g)

**Amount Per Serving**

**Calories** 210

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | 9% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 14g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Carrot Cake
*Gluten-Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (76g)

**Amount Per Serving**

**Calories** 240

| | % Daily Value* |
|---|---|
| **Total Fat** 13g | 17% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 13g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Chocolate
*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (75g)

**Amount Per Serving**

**Calories** 220

| | % Daily Value* |
|---|---|
| **Total Fat** 12g | 15% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 15g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Cinnamon Sugar
*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (74g)

**Amount Per Serving**

**Calories** 210

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | 9% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 16g | 6% |
| Dietary Fiber 0g | 0% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Coconut
*Gluten- Free*
*Keto-Friendly*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (85g)

**Amount Per Serving**

**Calories** 200

| | % Daily Value* |
|---|---|
| **Total Fat** 12g | 15% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 3g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Cookies & Cream
*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (76g)

**Amount Per Serving**

**Calories** 210

| | % Daily Value* |
|---|---|
| **Total Fat** 13g | 17% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 10g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 9g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 14g | 28% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# NUTRITIONAL INFORMATION

## Espresso

*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (74g)

**Amount Per Serving**

**Calories** 220

| | % Daily Value* |
|---|---|
| **Total Fat** 10g | 13% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 14g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Mango Cardamom

*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (72g)

**Amount Per Serving**

**Calories** 210

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | 10% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 8g | 3% |
| Dietary Fiber 0g | 0% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Matcha

*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (72g)

**Amount Per Serving**

**Calories** 190

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | 10% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 14g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Mint Chocolate

*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (75g)

**Amount Per Serving**

**Calories** 230

| | % Daily Value* |
|---|---|
| **Total Fat** 12g | 15% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 17g | 6% |
| Dietary Fiber 0g | 0% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Peanut Butter

*Gluten- Free*

*Contains dairy, peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (77g)

**Amount Per Serving**

**Calories** 220

| | % Daily Value* |
|---|---|
| **Total Fat** 16g | 21% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 8g | 3% |
| Dietary Fiber 0g | 0% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 13g | 26% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Peanut Butter Cup

*Gluten- Free*

**Contains dairy, peanuts and tree nuts*

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (80g)

**Amount Per Serving**

**Calories** 290

| | % Daily Value* |
|---|---|
| **Total Fat** 11g | 14% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 15g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# NUTRITIONAL INFORMATION

## The PRONUT

*Gluten- Free*

*Contains dairy, peanuts and tree nuts

**Nutrition Facts**

varied (1) servings per container

**Serving size** 1 Donut (85g)

**Amount Per Serving**

**Calories** 230

| | % Daily Value* |
|---|---|
| **Total Fat** 13g | 17% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 18g | 7% |
| Dietary Fiber 0g | 0% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 15g | 30% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Pumpkin Spice

*Gluten- Free*
*Keto-Friendly*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (77g)

**Amount Per Serving**

**Calories** 230

| | % Daily Value* |
|---|---|
| **Total Fat** 16g | 21% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 6g | 2% |
| Dietary Fiber 0g | 0% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 14g | 28% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Red Velvet

*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (73g)

**Amount Per Serving**

**Calories** 210

| | % Daily Value* |
|---|---|
| **Total Fat** 12g | 15% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 14g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Strawberries & Cream

*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (76g)

**Amount Per Serving**

**Calories** 210

| | % Daily Value* |
|---|---|
| **Total Fat** 14g | 18% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 8g | 3% |
| Dietary Fiber 0g | 0% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Ube Pistachio

*Gluten- Free*
*Keto-Friendly*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (77g)

**Amount Per Serving**

**Calories** 210

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | 10% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 4g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Vanilla Glaze

*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (72g)

**Amount Per Serving**

**Calories** 190

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | 10% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 15g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# NUTRITIONAL INFORMATION

## London Fog

*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (75g)

**Amount Per Serving**

**Calories** 240

| | % Daily Value* |
|---|---|
| **Total Fat** 11g | 14% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 15g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 13g | 26% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Ferrero

*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** Donut (75g)

**Amount Per Serving**

**Calories** 270

| | % Daily Value* |
|---|---|
| **Total Fat** 16g | 21% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 18g | 7% |
| Dietary Fiber 0g | 0% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 15g | 30% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## VEGAN PRONUTS

### Blueberry Basil

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (74g)

**Amount Per Serving**

**Calories** 170

| | % Daily Value* |
|---|---|
| **Total Fat** 2.5g | 3% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 26g | 9% |
| Dietary Fiber 0g | 0% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.

### Carrot Cake

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (75g)

**Amount Per Serving**

**Calories** 210

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | 10% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 20g | 7% |
| Dietary Fiber 0g | 0% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 11g | 22% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.

### Chocolate

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (74g)

**Amount Per Serving**

**Calories** 250

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | 8% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 26g | 9% |
| Dietary Fiber 0g | 0% |
| Total Sugars 12g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.

### Cinnamon Sugar

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (72g)

**Amount Per Serving**

**Calories** 160

| | % Daily Value* |
|---|---|
| **Total Fat** 2.5g | 3% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 28g | 10% |
| Dietary Fiber 0g | 0% |
| Total Sugars 13g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# NUTRITIONAL INFORMATION

## Cookies & Cream

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (76g)

**Amount Per Serving**

**Calories** 220

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | 10% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 27g | 10% |
| Dietary Fiber 0g | 0% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.

## Matcha

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (70g)

**Amount Per Serving**

**Calories** 190

| | % Daily Value* |
|---|---|
| **Total Fat** 2.5g | 3% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 31g | 11% |
| Dietary Fiber 0g | 0% |
| Total Sugars 14g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Peanut Butter

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (75g)

**Amount Per Serving**

**Calories** 290

| | % Daily Value* |
|---|---|
| **Total Fat** 14g | 18% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 30g | 11% |
| Dietary Fiber 0g | 0% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.

## Peanut Butter Cup

*Gluten- Free*

**Contains peanuts and tree nuts*

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (75g)

**Amount Per Serving**

**Calories** 290

| | % Daily Value* |
|---|---|
| **Total Fat** 14g | 18% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 30g | 11% |
| Dietary Fiber 0g | 0% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## The PRONUT

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (83g)

**Amount Per Serving**

**Calories** 230

| | % Daily Value* |
|---|---|
| **Total Fat** 13g | 17% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 18g | 7% |
| Dietary Fiber 0g | 0% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 12g | 24% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## Red Velvet

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** 1 Donut (74g)

**Amount Per Serving**

**Calories** 200

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | 8% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 19g | 7% |
| Dietary Fiber 0g | 0% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 10g | 20% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# NUTRITIONAL INFORMATION

## PROTEIN COOKIES

### The PRONUT Cookie

*Vegan*

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** **1 Cookie (80g)**

**Amount Per Serving**

**Calories** **260**

| | % Daily Value* |
|---|---|
| **Total Fat** 14g | **18%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 19g | **7%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 12g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 11g | **22%** |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Cookies & Cream

*Vegan*

*Gluten- Free*

*Contains peanuts and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** **1 Cookie (65g)**

**Amount Per Serving**

**Calories** **290**

| | % Daily Value* |
|---|---|
| **Total Fat** 13g | **17%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 30g | **11%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 16g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 11g | **22%** |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# NUTRITIONAL INFORMATION

## PROTEIN CUPCAKES

### Red Velvet
*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** **1 Cupcake (75g)**

**Amount Per Serving**

**Calories** **230**

| | % Daily Value* |
|---|---|
| **Total Fat** 15g | **19%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 16g | **6%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 11g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 12g | **24%** |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Peanut Butter Chocolate
*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** **1 Cupcake (75g)**

**Amount Per Serving**

**Calories** **230**

| | % Daily Value* |
|---|---|
| **Total Fat** 15g | **19%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 17g | **6%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 12g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 12g | **24%** |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Carrot Cake
*Gluten- Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** **1 Cupcake (75g)**

**Amount Per Serving**

**Calories** **230**

| | % Daily Value* |
|---|---|
| **Total Fat** 15g | **19%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 16g | **6%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 11g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 12g | **24%** |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# NUTRITIONAL INFORMATION

## PROTEIN MUFFINS

### Apple Cinnamon Crumble

*Gluten-Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** **1 Muffin (80g)**

**Amount Per Serving**

**Calories** **260**

| | % Daily Value* |
|---|---|
| **Total Fat** 16g | **21%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 18g | **7%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 8g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 16g | **32%** |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Blueberry

*Gluten-Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** **1 Muffin (80g)**

**Amount Per Serving**

**Calories** **260**

| | % Daily Value* |
|---|---|
| **Total Fat** 15g | **19%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 18g | **7%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 7g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 16g | **32%** |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Double Dark Chocolate

*Gluten-Free*

*Contains dairy and tree nuts

**Nutrition Facts**

1 servings per container

**Serving size** **1 Muffin (80g)**

**Amount Per Serving**

**Calories** **270**

| | % Daily Value* |
|---|---|
| **Total Fat** 18g | **23%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 20g | **7%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 10g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 18g | **36%** |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# NUTRITIONAL INFORMATION

## PROTEIN BROWNIES

### Dark Chocolate Brownie
*Gluten-Free*

*Contains tree nuts and dairy

**Nutrition Facts**

1 servings per container

**Serving size** 1 Brownie (85g)

**Amount Per Serving**

**Calories** 290

| | % Daily Value* |
|---|---|
| **Total Fat** 18g | 23% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 22g | 8% |
| Dietary Fiber 0g | 0% |
| Total Sugars 14g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 13g | 26% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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### Walnut Brownie
*Gluten-Free*

*Contains tree nuts and dairy

**Nutrition Facts**

1 servings per container

**Serving size** 1 Brownie (85g)

**Amount Per Serving**

**Calories** 290

| | % Daily Value* |
|---|---|
| **Total Fat** 19g | 24% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** 22g | 8% |
| Dietary Fiber 0g | 0% |
| Total Sugars 12g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 14g | 28% |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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## PROTEIN SMOOTHIES

### Cookies & Cream
*Gluten-Free*

*Contains dairy

**Nutrition Facts**

1 servings per container

**Serving size** 1 Smoothie

**Amount Per Serving**

**Calories** 400

| | % Daily Value* |
|---|---|
| **Total Fat** 11g | 14% |
| Saturated Fat 3.5g | 18% |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 0.4g | |
| Monounsaturated Fat 1.2g | |
| **Cholesterol** 50mg | 17% |
| **Sodium** 330mg | 14% |
| **Total Carbohydrate** 46g | 17% |
| Dietary Fiber 2g | 7% |
| Total Sugars 33g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 33g | 66% |
| Vitamin D 0mcg | 0% |
| Calcium 719mg | 60% |
| Iron 1.746mg | 10% |
| Potassium 0mg | 0% |

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### Mango
*Gluten-Free*

*Contains dairy

**Nutrition Facts**

1 servings per container

**Serving size** 1 Smoothie

**Amount Per Serving**

**Calories** 240

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | 6% |
| Saturated Fat 1.5g | 8% |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 0.4g | |
| Monounsaturated Fat 1.1g | |
| **Cholesterol** 45mg | 15% |
| **Sodium** 310mg | 13% |
| **Total Carbohydrate** 22g | 8% |
| Dietary Fiber 1g | 4% |
| Total Sugars 17g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 29g | 58% |
| Vitamin D 0mcg | 0% |
| Calcium 677mg | 50% |
| Iron 0.648mg | 4% |
| Potassium 0mg | 0% |

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# NUTRITIONAL INFORMATION

## The PRONUT
*Gluten-Free*

*Contains tree nuts and dairy

**Nutrition Facts**

1 servings per container

**Serving size** **1 Smoothie**

**Amount Per Serving**

**Calories** **430**

| | % Daily Value* |
|---|---|
| **Total Fat** 19g | **24%** |
| Saturated Fat 3.7g | **19%** |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 1.3g | |
| Monounsaturated Fat 3.4g | |
| **Cholesterol** 45mg | **15%** |
| **Sodium** 300mg | **13%** |
| **Total Carbohydrate** 41g | **15%** |
| Dietary Fiber 5g | **18%** |
| Total Sugars 24g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 33g | **66%** |
| Vitamin D 0mcg | 0% |
| Calcium 662mg | 50% |
| Iron 0.99mg | 6% |
| Potassium 0mg | 0% |

*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.

## Berry Explosion
*Gluten-Free*

*Contains dairy

**Nutrition Facts**

1 servings per container

**Serving size** **1 Smoothie**

**Amount Per Serving**

**Calories** **270**

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | **6%** |
| Saturated Fat 1.6g | **8%** |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 0.5g | |
| Monounsaturated Fat 1.2g | |
| **Cholesterol** 45mg | **15%** |
| **Sodium** 190mg | **8%** |
| **Total Carbohydrate** 31g | **11%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 25g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 30g | **60%** |
| Vitamin D 0mcg | 0% |
| Calcium 697mg | 50% |
| Iron 1.062mg | 6% |
| Potassium 0mg | 0% |

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## Pina Colada
*Gluten-Free*

*Contains dairy

**Nutrition Facts**

1 servings per container

**Serving size** **1 Smoothie**

**Amount Per Serving**

**Calories** **220**

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | **6%** |
| Saturated Fat 1g | **5%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 23g | **8%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 7g | |
| Includes 1g Added Sugars | **2%** |
| **Protein** 28g | **56%** |

Not a significant source of vitamin D, calcium, iron, and potassium

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