



## NUTRITIONAL INFORMATION

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<p><b>Birthday Cake</b> <i>Gluten-Friendly</i></p> <p>*Contains dairy and tree nuts</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: center; padding: 5px;">Nutrition Facts</th> </tr> </thead> <tbody> <tr> <td colspan="2" style="padding: 2px 5px;">1 servings per container</td> </tr> <tr> <td style="padding: 2px 5px;">Serving size</td> <td style="padding: 2px 5px; text-align: right;">1 Donut (75g)</td> </tr> <tr> <td colspan="2" style="padding: 2px 5px;">Amount Per Serving</td> </tr> <tr> <td style="padding: 2px 5px;"><b>Calories</b></td> <td style="padding: 2px 5px; text-align: right;"><b>230</b></td> </tr> <tr> <td colspan="2" style="padding: 2px 5px; text-align: right;">% Daily Value*</td> </tr> <tr> <td style="padding: 2px 5px;">Total Fat 6g</td> <td style="padding: 2px 5px; text-align: right;">8%</td> </tr> <tr> <td style="padding: 2px 5px;">Saturated Fat 0g</td> <td style="padding: 2px 5px; text-align: right;">0%</td> </tr> <tr> <td style="padding: 2px 5px;">Trans Fat 0g</td> <td style="padding: 2px 5px;"></td> </tr> <tr> <td style="padding: 2px 5px;">Sodium 0mg</td> <td style="padding: 2px 5px; 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<p><b>Blueberry Basil</b> <i>Gluten-Friendly</i></p> <p>*Contains peanuts and tree nuts</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><th colspan="2" style="text-align: left;">Nutrition Facts</th></tr> <tr><td colspan="2">1 servings per container</td></tr> <tr><td><b>Serving size</b></td><td style="text-align: right;"><b>1 Donut (74g)</b></td></tr> <tr><td colspan="2"><b>Amount Per Serving</b></td></tr> <tr><td><b>Calories</b></td><td style="text-align: right;"><b>170</b></td></tr> <tr><td colspan="2" style="text-align: right;">% Daily Value*</td></tr> <tr><td><b>Total Fat</b> 2.5g</td><td style="text-align: right;"><b>3%</b></td></tr> <tr><td>Saturated Fat 0g</td><td style="text-align: right;"><b>0%</b></td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td><b>Sodium</b> 0mg</td><td style="text-align: right;"><b>0%</b></td></tr> <tr><td><b>Total Carbohydrate</b> 26g</td><td style="text-align: right;"><b>9%</b></td></tr> <tr><td>Dietary Fiber 0g</td><td style="text-align: right;"><b>0%</b></td></tr> <tr><td>Total Sugars 7g</td><td></td></tr> <tr><td>Includes 0g Added Sugars</td><td style="text-align: right;"><b>0%</b></td></tr> <tr><td><b>Protein</b> 10g</td><td style="text-align: right;"><b>20%</b></td></tr> <tr><td colspan="2"><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></td></tr> <tr><td colspan="2"><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></td></tr> </table>	Nutrition Facts		1 servings per container		<b>Serving size</b>	<b>1 Donut (74g)</b>	<b>Amount Per Serving</b>		<b>Calories</b>	<b>170</b>	% Daily Value*		<b>Total Fat</b> 2.5g	<b>3%</b>	Saturated Fat 0g	<b>0%</b>	Trans Fat 0g		<b>Sodium</b> 0mg	<b>0%</b>	<b>Total Carbohydrate</b> 26g	<b>9%</b>	Dietary Fiber 0g	<b>0%</b>	Total Sugars 7g		Includes 0g Added Sugars	<b>0%</b>	<b>Protein</b> 10g	<b>20%</b>	<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>		<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>		<p><b>Carrot Cake</b> <i>Gluten-Friendly</i></p> <p>*Contains peanuts and tree nuts</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><th colspan="2" style="text-align: left;">Nutrition Facts</th></tr> <tr><td colspan="2">1 servings per container</td></tr> <tr><td><b>Serving size</b></td><td style="text-align: right;"><b>1 Donut (75g)</b></td></tr> <tr><td colspan="2"><b>Amount Per Serving</b></td></tr> <tr><td><b>Calories</b></td><td style="text-align: right;"><b>210</b></td></tr> <tr><td colspan="2" style="text-align: right;">% Daily Value*</td></tr> <tr><td><b>Total Fat</b> 8g</td><td style="text-align: right;"><b>10%</b></td></tr> <tr><td>Saturated Fat 0g</td><td style="text-align: right;"><b>0%</b></td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td><b>Sodium</b> 0mg</td><td style="text-align: right;"><b>0%</b></td></tr> <tr><td><b>Total Carbohydrate</b> 20g</td><td style="text-align: right;"><b>7%</b></td></tr> <tr><td>Dietary Fiber 0g</td><td style="text-align: right;"><b>0%</b></td></tr> <tr><td>Total Sugars 6g</td><td></td></tr> <tr><td>Includes 0g Added Sugars</td><td style="text-align: right;"><b>0%</b></td></tr> <tr><td><b>Protein</b> 11g</td><td style="text-align: right;"><b>22%</b></td></tr> <tr><td colspan="2"><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></td></tr> <tr><td colspan="2"><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></td></tr> </table>	Nutrition Facts		1 servings per container		<b>Serving size</b>	<b>1 Donut (75g)</b>	<b>Amount Per Serving</b>		<b>Calories</b>	<b>210</b>	% Daily Value*		<b>Total Fat</b> 8g	<b>10%</b>	Saturated Fat 0g	<b>0%</b>	Trans Fat 0g		<b>Sodium</b> 0mg	<b>0%</b>	<b>Total Carbohydrate</b> 20g	<b>7%</b>	Dietary Fiber 0g	<b>0%</b>	Total Sugars 6g		Includes 0g Added Sugars	<b>0%</b>	<b>Protein</b> 11g	<b>22%</b>	<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>		<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>	
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## NUTRITIONAL INFORMATION

<p><b>Chocolate</b> <i>Gluten-Friendly</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (74g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <span style="float: right;"><b>250</b></span></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 6g <span style="float: right;">8%</span> Saturated Fat 0g <span style="float: right;">0%</span> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <span style="float: right;">0%</span> <b>Total Carbohydrate</b> 26g <span style="float: right;">9%</span> Dietary Fiber 0g <span style="float: right;">0%</span> Total Sugars 12g Includes 0g Added Sugars <span style="float: right;">0%</span> <b>Protein</b> 10g <span style="float: right;">20%</span></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>	<p><b>Cinnamon Sugar</b> <i>Gluten-Friendly</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (72g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <span style="float: right;"><b>160</b></span></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 2.5g <span style="float: right;">3%</span> Saturated Fat 0g <span style="float: right;">0%</span> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <span style="float: right;">0%</span> <b>Total Carbohydrate</b> 28g <span style="float: right;">10%</span> Dietary Fiber 0g <span style="float: right;">0%</span> Total Sugars 13g Includes 0g Added Sugars <span style="float: right;">0%</span> <b>Protein</b> 10g <span style="float: right;">20%</span></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>
<p><b>Cookies &amp; Cream</b></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (76g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <span style="float: right;"><b>220</b></span></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 8g <span style="float: right;">10%</span> Saturated Fat 0g <span style="float: right;">0%</span> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <span style="float: right;">0%</span> <b>Total Carbohydrate</b> 27g <span style="float: right;">10%</span> Dietary Fiber 0g <span style="float: right;">0%</span> Total Sugars 8g Includes 0g Added Sugars <span style="float: right;">0%</span> <b>Protein</b> 10g <span style="float: right;">20%</span></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>	<p><b>Matcha</b> <i>Gluten-Friendly</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (70g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <span style="float: right;"><b>190</b></span></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 2.5g <span style="float: right;">3%</span> Saturated Fat 0g <span style="float: right;">0%</span> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <span style="float: right;">0%</span> <b>Total Carbohydrate</b> 31g <span style="float: right;">11%</span> Dietary Fiber 0g <span style="float: right;">0%</span> Total Sugars 14g Includes 0g Added Sugars <span style="float: right;">0%</span> <b>Protein</b> 10g <span style="float: right;">20%</span></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>
<p><b>Peanut Butter</b> <i>Gluten-Friendly</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (75g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <span style="float: right;"><b>290</b></span></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 14g <span style="float: right;">18%</span> Saturated Fat 0g <span style="float: right;">0%</span> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <span style="float: right;">0%</span> <b>Total Carbohydrate</b> 30g <span style="float: right;">11%</span> Dietary Fiber 0g <span style="float: right;">0%</span> Total Sugars 7g Includes 0g Added Sugars <span style="float: right;">0%</span> <b>Protein</b> 10g <span style="float: right;">20%</span></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>	<p><b>Peanut Butter Cup</b> <i>Gluten-Friendly</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (75g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <span style="float: right;"><b>290</b></span></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 14g <span style="float: right;">18%</span> Saturated Fat 0g <span style="float: right;">0%</span> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <span style="float: right;">0%</span> <b>Total Carbohydrate</b> 30g <span style="float: right;">11%</span> Dietary Fiber 0g <span style="float: right;">0%</span> Total Sugars 7g Includes 0g Added Sugars <span style="float: right;">0%</span> <b>Protein</b> 10g <span style="float: right;">20%</span></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>



## NUTRITIONAL INFORMATION

<p><b>The PRONUT</b> <i>Gluten-Friendly</i></p> <p><b>*Contains peanuts and tree nuts</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (83g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>230</b></p> <p><small>% Daily Value*</small></p> <p><b>Total Fat</b> 13g <b>17%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 18g <b>7%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 5g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 12g <b>24%</b></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>	<p><b>Red Velvet</b> <i>Gluten-Friendly</i></p> <p><b>*Contains peanuts and tree nuts</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (74g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>200</b></p> <p><small>% Daily Value*</small></p> <p><b>Total Fat</b> 6g <b>8%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 19g <b>7%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 6g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 10g <b>20%</b></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>
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KETO BAGELS	
<p><b>Keto Everything Bagel</b> <i>Keto-Friendly</i> <i>Gluten-Friendly</i></p> <p><b>*Contains tree nuts and dairy</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Bagel (85g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>290</b></p> <p><small>% Daily Value*</small></p> <p><b>Total Fat</b> 22g <b>28%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 4g <b>1%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 0g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 24g <b>48%</b></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>

PROTEIN COOKIES	
<p><b>The PRONUT Cookie</b> <i>Vegan</i> <i>Gluten-Friendly</i></p> <p><b>*Contains peanuts and tree nuts</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Cookie (80g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>260</b></p> <p><small>% Daily Value*</small></p> <p><b>Total Fat</b> 14g <b>18%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 19g <b>7%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 12g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 11g <b>22%</b></p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><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></p>



## NUTRITIONAL INFORMATION

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All products made at 204 Meal Prep

664 King Edward Street, R3H 0P2  
Winnipeg, MB  
E-mail: [pronuts.wpg@gmail.com](mailto:pronuts.wpg@gmail.com)