NUTRITIONAL INFORMATION

SPECIALS

Birthday Cake Pronut
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 6g	8%
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 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.

Strawberry Cheesecake Muffin
Gluten-Free

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Muffin (115g)

Amount Per Serving
Calories 290

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 21g	42%

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.

Coffee Walnut Muffin
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

*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 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

*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.

Pumpkin Cheesecake Pronut
Gluten-Free

*Contains dairy and tree nuts

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

Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 14g	28%

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.

Pumpkin Spice Cookie
Gluten-Free
Vegan

*Contains tree nuts

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

Amount Per Serving
Calories 200

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 13g	
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.

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

*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 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

*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 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

*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 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

*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.

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

*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.

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

*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.

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

*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.

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

*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 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

*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.

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

*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

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

*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 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

*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.

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

*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.

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

*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.

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

*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.

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

*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.

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

*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.

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

*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.

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

*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.

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

*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.

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

*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.

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

*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

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

*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.

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

*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.

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

*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.

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

*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.

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

*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.

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

*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 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

*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.

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

*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.

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

*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.

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

*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.

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

*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.

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

*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.

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%

*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.

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%

*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.

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%

*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.

Pumpkin Spice
Gluten-Free

*Contains dairy and tree nuts

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

*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.

The PROFFEE
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%

*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.