

**PAN NUTRITIONAL PAMPHLETS**

Item		Serving Size	Calories (Cal)	Calories from Fat (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Apple Muffin	1	127.5 g	440	170	19	2.5	0	30	390	66	1	46	3
Apricot Pecan Filled Cookie	1	43 g	140	70	8	4	0	15	55	21	1	11	1
Banana Muffin	1	163 g	590	210	24	4	0	40	510	88	1	50	6
Barras con Mantequilla	1	127.6 g	510	240	26	14	0	0	380	62	1	35	6
Bigote de Trigo	1	107.7 g	290	80	9	2	1	25	340	47	2	19	8
Birote	1	192.8 g	450	20	2.5	0	0	0	800	92	3	7	16
Bisquets Con Pasas	1	130.4 g	420	180	19	10	0	5	610	56	2	17	7
Bisquets Regular	1	113.4 g	370	170	19	9	0	5	590	45	1	10	7
Blueberry Muffin	1	163 g	540	190	21	3.5	0	40	460	80	1	44	6
Bolillo Centroamericano	1	65.2 g	150	15	1.5	0	0	0	310	29	1	1	5
Bolillo con Harina	1	93.5 g	230	10	1	0	0	0	360	46	2	3	8
Bolillo De Trigo	1	93.5 g	230	40	4.5	0	0	0	260	44	8	4	5
Bolillo Salado	1	107.7 g	250	15	1.5	0	0	0	560	49	2	1	9
Bolillos	1	90.7 g	210	10	1	0	0	0	400	42	1	3	7
Bran Muffin	1	156 g	380	100	11	1	0	20	480	71	9	35	6
Bread Pudding	1	207.8 g	530	190	21	3	0	5	560	80	1	44	8
Café Crème Filled Cookie	1	43 g	180	100	12	3	0	35	170	18	0	11	2
Canasta De Pina	1	141.8 g	420	140	15	8	0	15	150	66	1	28	5
Canastas De Creama	1	184.3 g	570	180	20	10	0	15	200	90	1	47	7
Carrot & Cream Cheese Donut	1	107 g	420	190	22	10	0	10	340	50	1	22	7
Champurrada	1	59.5 g	250	110	13	6	0	0	100	32	1	13	4
Chapin	1	93.5 g	320	90	10	5	0	20	105	51	1	21	6
Chapin Cuernitos	1	90.7 g	310	120	13	6	0	20	115	41	2	10	7
Chapin Gallinitas	1	90.7 g	310	90	10	5	0	20	105	50	1	20	5

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Chapin Peinetas	1	90.7 g	310	120	13	6	0	20	115	41	2	10	7
Chilindrina	1	79.4 g	270	60	7	3	0	0	220	49	1	29	4
Chocolate Chip Cookies	1	90.7 g	390	170	18	8	2.5	10	65	54	2	26	5
Chocolate Chunk & Fudge Filled Cookie	1	43 g	150	90	10	6	0	40	110	22	1	11	2
Chocolate Cream Filled Cookie	1	47 g	190	90	10	3	0	30	170	23	1	15	3
Chocolate Muffin	1	127.5 g	490	240	27	4	1	45	530	57	1	32	5
Churros con crema	1	88 g	290	80	9	1	0	0	240	51	1	31	3
Churros de cajeta	1	88 g	290	80	9	1	0	0	220	51	1	31	3
Churros Plain	1	88 g	320	90	10	1	0	0	180	54	1	29	4
Cinnamon Chip Muffin	1	163 g	620	240	27	7	0	40	480	89	1	52	6
Cinnamon Roll de Trigo	1	164.4 g	450	100	11	3.5	2	40	570	76	2	28	11
Cocada	1	99.2 g	380	170	19	17	0	0	110	49	5	40	5
Coffee Cake	1	116.2 g	390	140	16	3	0	25	470	59	1	34	4
Concha Regular Amarilla	1	79.4 g	260	80	9	4	0	0	290	39	1	12	6
Concha Regular Blanca	1	79.4 g	260	80	9	4	0	0	290	39	1	12	6
Concha Regular Chocolate	1	79.4 g	260	80	9	4	0	0	290	39	1	12	6
Concha Regular Rosa	1	79.4 g	260	80	9	4	0	0	290	39	1	12	6
Coricos	1	85 g	380	180	20	10	0	20	170	46	2	19	5
Cortadillo	1	119 g	450	200	23	6	0	25	230	57	1	35	5
Cranberry Muffin	1	163 g	540	190	21	3.5	0	40	460	80	2	43	6
Cream Cheese Muffin	1	136 g	490	240	26	4.5	0	40	500	62	1	36	5
Cuernito de Trigo	1	107.7 g	290	80	9	2.5	1.5	25	460	44	3	12	9
Cuerno Relleno	1	90.8 g	220	120	13	0	0	40	0	23	0	8	3
Danes Bigote	1	110.5 g	340	80	9	3	1	30	400	59	0	25	7

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Danes Cuernito	1	110.5 g	330	90	10	3.5	1.5	35	440	51	1	14	8
Danes de Trigo con German	1	121.9 g	340	110	12	2	1.5	25	400	51	2	19	8
Diamantes	1	99.2 g	520	270	30	15	0	0	0	57	1	28	6
Donut-White & Glossy	1	79.4 g	280	90	10	5	0	0	125	50	0	39	2
Donut with Azucar	1	59.5 g	270	120	14	7	0	0	170	35	1	21	3
Donut with Chocolate	1	70.9 g	260	100	11	5	0	0	125	42	1	32	2
Donut with Chocolate Curls	1	113 g	430	200	22	10	0	0	330	54	2	25	7
Donut with White Chocolate Curls	1	113 g	440	200	22	10	0	0	340	54	1	26	7
Double Chocolate Chip Muffin	1	163 g	560	220	24	5	0	40	740	78	2	50	7
Dulce de Leche Filled Cookie	1	43 g	120	60	7	4.5	0	20	65	16	0	8	1
Empanada de Fresa	1	127.6 g	370	160	18	9	0	35	140	46	1	17	5
Empanada de Manzana	1	127.6 g	350	160	18	9	0	35	190	43	1	14	4
Empanada de Pina	1	127.6 g	340	160	18	9	0	35	210	41	1	15	4
Empanada de Queso	1	136 g	450	200	22	12	0	10	290	61	1	32	4
Empanada de Vanilla	1	119 g	340	130	15	7	0	0	180	51	0	29	3
Empanadas de Calabaza	1	141.8 g	360	140	15	8	0	10	140	52	3	25	6
Espumilla	1	55 g	120	0	0	0	0	0	0	16	0	16	2
Fino Cuernito	1	90.7 g	360	150	17	8	0	5	130	48	1	21	5
Fino Elotito	1	90.7 g	360	150	17	8	0	5	130	48	1	21	5
Fino Peinetas	1	93.5 g	370	150	17	9	0	10	135	49	1	21	6
Fino Tronquitos	1	93.5 g	370	150	17	9	0	10	135	49	1	21	6
Fruit & Pebble Donut	1	97 g	430	190	22	10	0	0	300	54	1	29	4

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Gorditas De Maiz	1	107.7 g	360	170	18	9	0	40	210	44	1	18	5
Green Tea Muffin	1	124.7 g	480	240	26	4.5	0	40	490	58	2	34	5
Guayaba con Azucar	1	121.9 g	440	160	18	9	0	30	190	65	1	28	6
Guayaba con Grajea	1	116.2 g	410	160	17	9	0	25	180	59	1	23	6
M&M Cookies	1	90.7 g	340	160	18	10	0	15	80	54	1	27	5
M&M Donut	1	107 g	460	270	30	15	0	5	300	54	2	31	5
Mantecada con Pasas	1	93.5 g	330	140	15	1.5	0	30	200	45	1	25	5
Mantecada Regular	1	79.4 g	280	120	13	1.5	0	25	170	37	1	20	4
Manteconcha Amarilla	1	82.2 g	270	80	9	4	0	0	300	40	1	12	6
Manteconcha Blanca	1	79.4 g	260	80	9	4	0	0	290	39	1	12	6
Manteconcha Chocolate	1	79.4 g	260	80	9	4	0	0	290	39	1	12	6
Manteconcha Rosa	1	76.5 g	250	80	9	4	0	0	280	38	1	11	6
Maple Bacon Donut	1	107 g	380	140	15	7	0	5	370	55	1	26	8
Marquesote	1	136.2 g	130	45	5	0	0	5	0	45	0	5	1
Milhoja	1	113.4 g	290	150	16	0	0	50	0	31	0	11	5
Nino Envuelto Slice	1	155.9 g	300	160	18	17	0	0	140	33	3	25	4
Novias	1	99.2 g	290	50	6	2.5	0	0	380	54	1	23	7
Nuez	1	99.2 g	370	140	16	8	0	20	150	54	1	25	5
Ojitos	1	107.7 g	370	150	17	10	0	20	140	50	2	21	5
Ojos de panchas (Canastas)	1	150.2 g	530	240	26	4	3.5	25	410	72	3	33	8
Orejas	1	56.7 g	210	70	8	1.5	2	0	135	35	2	23	2
Oreo Donut	1	107 g	480	220	25	11	0	0	330	61	1	33	5
Otis Chocolate Chip Cookies	1	108 g	500	210	23	12	0	35	380	71	3	44	5
Otis Oatmeal Cookies	1	108 g	480	180	20	11	0	35	400	69	4	38	6

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Palermas	1	119 g	440	140	16	3.5	4	0	280	75	3	49	5
Pan de Jalapeno	1	175 g	500	240	27	0	0	90	930	52	2	7	14
Payasos	1	107.7 g	380	140	15	7	0	0	320	54	1	19	7
Peanut Butter & Fudge Filled Cookie	1	43 g	140	80	9	4.5	0	35	95	21	1	13	3
Peanut Butter & Jelly Filled Cookie	1	43 g	140	60	7	3	0	25	80	22	1	13	3
Pecan Pie Filled Cookie	1	43 g	140	90	10	4.5	0	15	60	15	1	7	2
Peperecha	1	136.2 g	140	25	3	0	0	5	0	17	0	9	1
Pink Lady Donut	1	113 g	440	190	21	10	0	0	340	55	1	24	7
Pistachio Muffin	1	163 g	590	210	24	4	0	45	520	86	1	48	6
Polvoron Blanco	1	83 g	400	190	21	11	0	10	190	49	1	21	4
Polvoron Rosa	1	83 g	400	190	21	11	0	10	190	49	1	21	4
Puerquito	1	104.9 g	380	120	13	7	0	0	260	59	1	24	7
Quesadilla Salvadorena Chica	1	85 g	310	150	17	4.5	0	35	320	35	1	18	5
Raspberry Cream Filled Cookie	1	43 g	130	60	7	4.5	0	15	60	22	0	12	1
Rollitos Integrales-Wheat	1	85 g	350	210	24	12	0	25	45	32	3	11	5
Sema de Trigo Regular	1	90.7 g	290	80	9	4	0	10	230	46	4	11	4
Sema de Trigo Regular con Ajonjoli	1	87.9 g	290	100	12	4.5	0	10	230	41	3	12	5
Semita Pacha de Pina	1	136.2 g	130	50	6	0	0	5	0	17	0	9	1
Semita Alta de Atado	1	400 g	250	230	25	0	0	5	0	35	0	20	3
Sevillano	1	87.9 g	450	220	24	12	0	0	0	55	1	32	4
Sevillano Payaso	1	107.7 g	560	290	32	16	0	5	0	62	1	31	6

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Sprinkle Donut	1	96 g	440	230	26	12	0	0	290	47	1	24	4
Strudels de Guayaba	1	87.9 g	300	170	19	11	0	10	310	43	1	22	3
Strudels de Pina	1	107.7 g	370	160	18	11	0	10	310	63	1	43	3
Tabasquena	1	85 g	390	230	26	8	0	0	230	36	1	13	5
Tapado Chocolate	1	99.2 g	360	120	14	7	0	5	250	53	1	24	6
Tapado Rosa	1	87.9 g	320	110	12	6	0	5	220	47	1	21	6
Taquito De Fresa	1	96.4 g	350	110	13	6	0	10	70	55	1	29	4
Taquito De Pina	1	96.4 g	340	110	13	6	0	10	90	54	1	28	4
Telera	1	90.7 g	210	10	1	0	0	0	400	42	1	3	7
Tornillos	1	85 g	300	140	16	7	0	0	210	36	3	16	4
Torta Alemana	1	227 g	350	90	10	0	0	5	0	17	0	25	3
Torta Maria Luisa	1	136.2 g	360	130	14	0	0	0	0	51	0	0	7
Trenzas	1	79.4 g	290	80	9	2	2	0	160	54	2	40	3
Turnover de Fresa	1	99.2 g	260	70	8	1.5	2	0	150	47	2	29	3
Turnover de Manzana	1	99.2 g	250	70	8	1.5	2	0	190	45	2	27	2
Turnover de Pina	1	99.2 g	240	70	8	1.5	2	0	210	43	2	27	2
Volteado de Pina Chico	1	141.8 g	400	150	17	2.5	0	50	300	61	1	38	3