

Calorie chart: bread and baking (PDF)

Calories, protein, carbohydrate and fat for 569 foods, per serving and per 100 g.
Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Acorn Flour	1 oz (28.4 g)	142	501	7.5	54.7	30.2
Agar	100 g	306	306	6.2	80.9	0.3
All-Purpose Flour	1/4 cup (31.3 g)	114	364	10.3	76.3	1
All-Purpose Flour Calcium-Fortified	1 cup (125 g)	455	364	10.3	76.3	1
All-Purpose Flour Unenriched	1 cup (125 g)	455	364	10.3	76.3	1
Almond Flour	1/4 cup (28 g)	165	590	21.4	18.7	52.5
Almond Paste	1 oz (28.4 g)	130	458	9	47.8	27.7
Andrea's Gluten-Free Soft Dinner Roll	1 roll (69 g)	177	257	5.7	40.2	8.2
Angel Food Cake	1 piece (1/12 of 12 oz cake) (28 g)	72	258	5.9	57.8	0.8
Angel Food Cake From Mix	1 piece (1/12 of 10" dia) (50 g)	129	257	6.1	58.7	0.3
Animal Crackers	1 oz (28.4 g)	126	446	6.9	74.1	13.8
Apple Crisp	1/2 cup (141 g)	227	161	1.8	30.8	3.4
Apple Croissant	1 croissant, medium (57 g)	145	254	7.4	37.1	8.7
Apple Pie	1 piece (1/8 of 9" dia) (125 g)	296	237	1.9	34	11
Apple Pie Filling	1 serving (85 g)	85	100	0.1	26.1	0.1
Apple Pie Unenriched	1 oz (28.4 g)	67	237	1.9	34	11
Apple Strudel	1 oz (28.4 g)	78	274	3.3	41.1	11.2
Archway Chocolate Chip Ice Box Cookies	1 serving (24 g)	119	497	4.3	65	24.4
Archway Coconut Macaroon Cookies	1 serving (22 g)	101	460	3	61.2	22.6
Archway Date Filled Oatmeal Cookies	1 serving (25 g)	100	400	4.7	68.2	12.1
Archway Dutch Cocoa Cookies	1 serving (24 g)	103	431	4.5	69.4	15
Archway Frosty Lemon Cookies	1 serving (26 g)	112	430	4.4	64.8	17.1
Archway Iced Molasses Cookies	1 serving (28 g)	118	420	3.5	69.1	14.4
Archway Iced Oatmeal Cookies	1 serving (28 g)	122	435	4.9	66.8	16.5
Archway Molasses Cookies	1 serving (26 g)	105	403	4.3	69.4	12.1
Archway Oatmeal Cookies	1 serving (25 g)	105	421	5.5	68.2	14.1
Archway Oatmeal Raisin Cookies	1 serving (26 g)	106	406	5.2	69.3	12.1
Archway Old Fashioned Molasses Cookies	1 serving (26 g)	106	406	4.3	70.6	11.8
Archway Old Fashioned Windmill Cookies	1 serving (20 g)	94	468	5.2	72.2	17.6
Archway Peanut Butter Cookies	1 serving (21 g)	101	480	9	58.5	24.3
Archway Raspberry Filled Cookies	1 serving (25 g)	100	400	4.4	65.9	13.3
Archway Reduced Fat Ginger Snaps	1 serving (32 g)	136	424	4.7	76.2	11.1
Archway Strawberry Filled Cookies	1 serving (25 g)	100	400	4.4	65.9	13.3

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Archway Sugar Free Oatmeal Cookies	1 serving (24 g)	106	442	5.5	67.2	20.9
Arrowroot	1 cup (128 g)	457	357	0.3	88.2	0.1
Artificial Blueberry Muffin Mix	1 muffin (31 g)	126	407	4.7	77.5	8.7
Bagel	1 bagel (99 g)	261	264	10.6	52.4	1.3
Baking Powder	1 tsp (4.6 g)	2	53	0	27.7	0
Baking Soda	1 tsp (4.6 g)	0	0	0	0	0
Banana Bread	1 slice (60 g)	196	326	4.3	54.6	10.5
Barley Flour	1 cup (148 g)	511	345	10.5	74.5	1.6
Barley Malt Flour	1 cup (162 g)	585	361	10.3	78.3	1.8
Bimbo Panque Casero Pound Cake	1 slice (39 g)	163	418	6.6	48.9	21.7
Biscuit	1 biscuit (2-1/2" dia) (60 g)	212	353	7	44.6	16.3
Biscuit From Mix	1 oz (28.4 g)	95	335	7.3	48.4	12.1
Biscuit Mix	1 cup, purchased (120 g)	514	428	8	63.4	15.4
Biscuit-Type Shortcake	1 oz (28.4 g)	98	346	6.1	48.5	14.2
Blueberry Muffin	1 medium (113 g)	424	375	4.5	53	16.1
Blueberry Muffin Mix	1 serving (43 g)	126	293	3.5	61	3.3
Blueberry Pie	1 oz (28.4 g)	66	232	1.8	34.9	10
Blueberry Pie Filling	1 cup (262 g)	474	181	0.4	44.4	0.2
Blueberry Toaster Muffin	1 oz (28.4 g)	89	313	4.6	53.3	9.5
Blueberry Toaster Muffin Toasted	1 oz (28.4 g)	94	333	4.9	56.7	10.1
Boston Brown Bread Canned	1 slice (45 g)	88	195	5.2	43.3	1.5
Boston Cream Pie	1 oz (28.4 g)	71	252	2.4	42.9	8.5
Bread Flour	1 cup (137 g)	495	361	12	72.5	1.7
Bread Flour Unenriched	1 cup unsifted, dipped (137 g)	495	361	12	72.5	1.7
Bread Stuffing Mix	1 oz (28.4 g)	109	386	11	76.2	3.4
Breadcrumbs	1 cup (108 g)	427	395	13.4	72	5.3
Brown Rice Flour	1 cup (158 g)	574	363	7.2	76.5	2.8
Brown Sugar Cinnamon Toaster Pastry	1 oz (28.4 g)	105	370	4.1	72.6	8
Brownberry Sage and Onion Stuffing Mix	1 serving (67 g)	261	390	13.3	72.7	5.1
Brownie	1 square, large (2-3/4" sq x 7/8") (56 g)	227	405	4.8	63.9	16.3
Brownie Mix	1 oz (28.4 g)	123	434	4	76.6	14.9
Buckwheat Flour	1 cup (120 g)	402	335	12.6	70.6	3.1
Buckwheat Pancake Mix	1 cup, poured from box (122 g)	415	340	10.9	71.3	2.7
Butter Cookies	1 oz (28.4 g)	132	467	6.1	68.9	18.8
Butter Cookies Unenriched	1 oz (28.4 g)	132	467	6.1	68.9	18.8
Butter or Sugar Cookie with Chocolate	3 cookies (31 g)	156	503	4.1	68.8	23.5
Cake Donut	1 doughnut medium (3-1/4" dia) (54 g)	234	434	5.3	47.1	24.9
Cake Flour	1 cup unsifted, dipped (137 g)	496	362	8.2	78	0.9
Cake or Wafer Ice Cream Cone	1 oz (28.4 g)	118	417	8.1	79	6.9
Caramel Coconut Chocolate-Coated Cookie	2 cookies (29 g)	142	489	3.5	64.1	25.8
Carob Flour	1 cup (103 g)	229	222	4.6	88.9	0.7

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Cheese Bread	1 slice (48 g)	196	408	10.4	44.8	20.8
Cheese Coffee Cake	1 oz (28.4 g)	96	339	7	44.3	15.2
Cheese Croissant	1 croissant, medium (57 g)	236	414	9.2	47	20.9
Cheese Danish	1 oz (28.4 g)	106	374	8	37.2	21.9
Cheese Sweet Roll	1 oz (28.4 g)	102	360	7.1	43.7	18.3
Cheesecake	1 piece (1/6 of 17 oz cake) (80 g)	257	321	5.5	25.5	22.5
Cherry Fudge Cake with Chocolate Frosting	1 oz (28.4 g)	75	264	2.4	38	12.5
Cherry Pie	1 piece (1/8 of 9" dia) (125 g)	325	260	2	39.8	11
Cherry Pie Filling	0.12 can (74 g)	85	115	0.4	28	0.1
Chickpea Flour	1 cup (92 g)	356	387	22.4	57.8	6.7
Chocolate Cake	1 piece (1/12 of a cake) (138 g)	537	389	3.5	52.8	20.1
Chocolate Chip Cookie	1 cookie (12.9 g)	63	492	5.1	65.4	24.7
Chocolate Chip Cookie Dough	1 serving (33 g)	149	451	4	61	21.3
Chocolate Chip Cookie Dough Baked	1 cookie, medium (2-1/4" dia) (12 g)	59	492	4.9	68.2	22.6
Chocolate Chip Cookie Made with Butter	1 cookie, medium (2-1/4" dia) (16 g)	78	488	5.7	58.2	28.4
Chocolate Chip Cookie Made with Margarine	1 cookie, medium (2-1/4" dia) (16 g)	78	488	5.7	58.4	28.3
Chocolate Chip Cookie Mix	1 oz (28.4 g)	141	497	4.6	66.1	25.2
Chocolate Chip Cookie Unenriched	1 cookie, medium (2-1/4" dia) (10 g)	48	481	5.4	66.8	22.6
Chocolate Chip Sandwich Cookies	1 cookie (34 g)	145	425	2.9	63.5	17.7
Chocolate Cookie with Icing or Coating	4 cookies (32 g)	162	507	4.5	67.9	24.2
Chocolate Cream Covered Biscuit Sticks	1 serving (40 g)	179	447	10	51.1	22.5
Chocolate Creme Pie	1 serving .167 pie (120 g)	424	353	4.2	38.4	22.4
Chocolate Creme-Filled Snack Cake	1 cupcake (50 g)	200	399	3.6	60.3	15.9
Chocolate Frosting	2 tbsp creamy (41 g)	163	397	1.1	63.2	17.6
Chocolate Frosting Mix	1 package (388 g)	1509	389	1.3	92	5.2
Chocolate Frosting Mix with Butter	2 tablespoon (33 g)	135	408	1.1	71.8	13.1
Chocolate Frosting Mix with Margarine	2 tablespoon (33 g)	133	404	1.1	71	12.9
Chocolate Rice Cereal Cookies	1 cookie (62 g)	273	440	3.2	63.3	19.4
Chocolate Sandwich Cookie	3 cookie (36 g)	167	464	5.2	71	19.1
Chocolate Wafers	1 cup, crumbs (112 g)	485	433	6.6	72.7	14.2
Chocolate-Coated Chocolate Sandwich Cookie	1 oz (28.4 g)	136	481	3.6	66.4	26.4
Chocolate-Coated Marshmallow Cookies	1 oz (28.4 g)	119	421	4	67.7	16.9
Chocolate-Coated Peanut Butter Cookie	2 cookies (25 g)	141	562	8.1	52.9	35.3
Chocolate-Covered Sugar Wafers	3 cookie (29 g)	153	526	3.5	66	27.6
Cinnamon Bread	1 slice 1 serving (28 g)	71	253	7.1	44.4	5.3

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Cinnamon Crumb Coffee Cake From Mix	1 oz (28.4 g)	90	318	5.5	52.8	9.6
Cinnamon Crumb Coffee Cake Unenriched	1 oz (28.4 g)	119	418	6.8	46.7	23.3
Cinnamon Danish	1 oz (28.4 g)	114	403	7	44.6	22.4
Cinnamon Danish Unenriched	1 oz (28.4 g)	114	403	7	44.6	22.4
Cinnamon Raisin Bagel	1 medium bagel (3-1/2" to 4" dia) (105 g)	288	274	9.8	55.2	1.7
Cinnamon Raisin Bagel Toasted	1 medium bagel (4" dia) (99 g)	291	294	10.6	59.3	1.8
Cinnamon Raisin Sweet Roll	1 oz (28.4 g)	105	372	6.2	50.9	16.4
Cinnamon Roll	1 bun (65 g)	294	452	4.5	48.6	26.6
Cocoa Powder	1 tbsp (5.4 g)	12	228	19.6	57.9	13.7
Coconut Creme Pie	1 oz (28.4 g)	84	298	2.1	37.3	16.6
Coconut Custard Pie	1 oz (28.4 g)	74	260	5.9	30.2	13.2
Coconut Macaroon	2 cookie 1 serving (36 g)	166	460	3	61.2	22.6
Coconut Nut Frosting	0.08 package (38 g)	165	433	1.5	52.7	24
Coffee Cake	1 piece (1/9 of 20 oz cake) (63 g)	263	418	6.8	46.7	23.3
Compressed Baker's Yeast	1 cake (0.6 oz) (17 g)	18	105	8.4	18.1	1.9
Corn Flour	1 cup (117 g)	422	361	6.9	76.9	3.9
Corn Muffin	1 medium (113 g)	345	305	5.9	51	8.4
Corn Muffin From Mix	1 oz (28.4 g)	91	321	7.4	49.1	10.2
Corn Toaster Muffin	1 oz (28.4 g)	98	346	5.3	57.9	11.3
Corn Tortilla	1 tortilla (24 g)	52	218	5.7	44.6	2.9
Corn Tortilla No Salt Added	1 tortilla, medium (approx 6" dia) (26 g)	58	222	5.7	46.6	2.5
Corn Tostada Shells	3 pieces (mean serving weight, aggregated over brands) (37 g)	175	474	6.2	64.4	23.4
Cornbread	1 piece (65 g)	173	266	6.7	43.5	7.1
Cornbread From Mix	1 oz (28.4 g)	94	330	6.6	54.5	9.6
Cornbread Mix Enriched	1 oz (28.4 g)	119	418	7	69.5	12.2
Cornbread Mix Unenriched	1 oz (28.4 g)	119	418	7	69.5	12.2
Cornbread Stuffing Mix	1 oz (28.4 g)	110	389	10	76.7	4.2
Cornbread Stuffing Prepared	1 oz (28.4 g)	51	179	2.9	21.9	8.8
Cornmeal	1 cup (157 g)	581	370	7.1	79.5	1.8
Cornstarch	1 tbsp (8 g)	30	381	0.3	91.3	0.1
Cracked Wheat Bread	1 slice, large or thick (30 g)	78	260	8.7	49.5	3.9
Cracker Meal	1 cup (115 g)	440	383	9.3	80.9	1.7
Cream Cheese Frosting	2 tbsp creamy (33 g)	137	415	0.1	67.3	17.3
Cream of Tartar	1 tsp (3 g)	8	258	0	61.5	0
Cream Puff Shell	1 oz (28.4 g)	102	360	9	22.8	25.9
Creme-Filled Donut	1 oz (28.4 g)	102	361	6.4	30	24.5
Creme-Filled Frosted Coffee Cake	1 oz (28.4 g)	94	331	5	53.8	10.8
Creme-Filled Sponge Snack Cake	1 oz (28.4 g)	106	374	3.5	64	11.5
Creme-Filled Sugar Wafers	1 oz (28.4 g)	142	502	3.8	70.6	23.2
Croissant	1 croissant, medium (57 g)	231	406	8.2	45.8	21
Croutons	1 cup (30 g)	122	407	11.9	73.5	6.6
Dark Rye Flour	1 cup (128 g)	416	325	15.9	68.6	2.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Degermed White Cornmeal Unenriched	1 cup (157 g)	581	370	7.1	79.5	1.8
Degermed Yellow Corn Flour Unenriched	1 cup (126 g)	473	375	5.6	82.8	1.4
Degermed Yellow Cornmeal Unenriched	1 cup (157 g)	581	370	7.1	79.5	1.8
Dietetic Chocolate Chip Cookie	1 cookie, medium (1-5/8" dia) (7 g)	32	450	3.9	73.4	16.8
Dietetic Chocolate Sandwich Cookie	1 oz (28.4 g)	131	461	4.5	68	22.1
Dietetic Oatmeal Cookie	1 cookie, medium (1-5/8" dia) (7 g)	31	449	4.8	69.9	18
Dietetic Pancake Mix	1 oz (28.4 g)	99	349	8.9	73.9	1.4
Dietetic Peanut Butter Sandwich Cookies	1 oz (28.4 g)	152	535	10	50.8	34
Dietetic White Cake Mix	1 oz (28.4 g)	113	397	3	79.6	8.4
Dinner Roll	1 roll (1 oz) (28 g)	87	310	10.9	52	6.5
Dutch Apple Pie	1 slice (137 g)	397	290	2.2	44.5	11.5
Dutch Process Breakfast Cocoa	1 tablespoon Ghirardelli label 2011 (6 g)	29	479	16.8	49.7	23.7
Dutch Process Cocoa	1 tbsp (5.4 g)	12	220	18.1	58.3	13.1
Eclair	4 oz (113 g)	377	334	4.4	37.4	18.5
Egg Bagel	1 medium bagel (3-1/2" to 4" dia) (105 g)	292	278	10.6	53	2.1
Egg Bread	1 slice (5" x 3" x 1/2") (40 g)	115	287	9.5	47.8	6
Egg Bread Toasted	1 slice (5" x 3" x 1/2") (37 g)	117	315	10.5	52.6	6.6
Egg Custard Pie	1 oz (28.4 g)	60	210	5.5	20.8	11.6
Egg Dinner Roll	1 oz (28.4 g)	87	307	9.5	52	6.4
English Muffin	1 muffin (57 g)	129	227	8.9	44.2	1.7
English Muffin No Calcium Propionate	1 oz (28.4 g)	67	235	7.7	46	1.8
English Muffin Toasted	1 oz (28.4 g)	77	270	10.3	52.7	2
English Muffin Unenriched	1 oz (28.4 g)	67	235	7.7	46	1.8
English Muffin Unenriched No Propionate	1 oz (28.4 g)	67	235	7.7	46	1.8
Extra Creme Chocolate Sandwich Cookie	1 oz (28.4 g)	141	497	4.3	68.2	24.5
Fat-Free Pound Cake	1 oz (28.4 g)	80	283	5.4	61	1.2
Fig Bars	1 oz (28.4 g)	99	348	3.7	70.9	7.3
Flour Tortilla	1 tortilla (48 g)	147	306	8.2	49.4	8
Flour Tortilla No Added Calcium	1 tortilla, medium (approx 6" dia) (32 g)	104	325	8.7	55.6	7.1
Focaccia	1 piece (57 g)	142	249	8.8	35.8	7.9
Fortune Cookies	1 oz (28.4 g)	107	378	4.2	84	2.7
French Bread	1 oz (28.4 g)	77	272	10.8	51.9	2.4
French Bread Toasted	1 slice, medium (59 g)	188	319	13	61.9	2.1
French Roll	1 oz (28.4 g)	79	277	8.6	50.2	4.3
French Toast	1 slice (65 g)	149	229	7.7	25	10.8
Fried Cherry Pie	1 oz (28.4 g)	90	316	3	42.6	16.1
Fried Fruit Pie	1 oz (28.4 g)	90	316	3	42.6	16.1
Fried Lemon Pie	1 oz (28.4 g)	90	316	3	42.6	16.1
Frosted Animal Cookies	8 cookies 1 serving (31 g)	158	509	3	70.1	24.1
Frosted Cake Donut	1 doughnut, medium (approx 3" dia) (43 g)	194	452	4.9	51.3	25.3

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Frozen Biscuit Baked	1 medium (51 g)	172	338	6.2	53.9	11
Frozen Buttermilk Waffle	1 waffle, square (39 g)	106	273	6.6	41.1	9.2
Frozen Buttermilk Waffle Microwaved	1 waffle (35 g)	101	289	6.9	44.2	9.4
Frozen Buttermilk Waffle Toasted	1 oz (28 g)	87	309	7.4	48.4	9.5
Frozen Chocolate Chip Waffle	2 waffles (70 g)	208	297	5.8	45.7	10.1
Frozen Deep Dish Pie Crust Baked	1 pie crust (average weight) (202 g)	1052	521	6.1	52.5	31.8
Frozen Deep Dish Pie Crust Unbaked	1 pie crust (average weight) (225 g)	1053	468	5.5	46.8	28.7
Frozen French Toast	1 oz (28.4 g)	60	213	7.4	32.1	6.1
Frozen Garlic Bread	1 slice presliced (43 g)	151	350	8.4	41.7	16.6
Frozen Microwave Pancakes	1 serving (3 pancakes) (144 g)	344	239	5.9	43.3	4.7
Frozen Pie Crust Baked	1 pie crust (average weight of 1 baked crust) (154 g)	782	508	6.5	56.2	28.6
Frozen Pie Crust Unbaked	1 piece (1/8 of 9" crust) (18 g)	82	457	6.2	48.6	26.1
Frozen Pie Crust Unenriched Unbaked	1 crust, single 9" (142 g)	649	457	3.9	44.1	29.2
Frozen Plain Pancakes	1 oz (28.4 g)	66	233	5.2	37.8	6.8
Frozen Plain Waffle	1 oz (28.4 g)	81	285	6.5	43	9.7
Frozen Plain Waffle Microwaved	1 waffle, round (4"dia) (32 g)	95	298	6.7	45.4	9.9
Frozen Plain Waffle Toasted	1 oz (28.4 g)	88	312	7.2	49.3	9.6
Frozen Whole Wheat Waffle Low-Fat	1 serving 2 waffles (70 g)	180	257	7.1	49.2	3.6
Fruit Coffee Cake	1 oz (28.4 g)	88	311	5.2	51.5	10.2
Fruit Danish	1 pastry (4-1/4" dia) (71 g)	263	371	5.4	47.8	18.5
Fruit Danish Unenriched	1 oz (28.4 g)	105	371	5.4	47.8	18.5
Fruit Toaster Pastry	1 oz (28.4 g)	110	388	4.2	70.3	10
Fruit Toaster Pastry Toasted	1 pastry (51 g)	209	409	4.7	72.7	11
Fruitcake	1 oz (28.4 g)	92	324	2.9	61.6	9.1
Fudge Cake-Type Cookies	1 oz (28.4 g)	99	349	5	78.3	3.7
Gingerbread Cake Mix	1 oz (28.4 g)	124	437	4.4	74.6	13.8
Gingersnaps	1 cookie (7 g)	29	416	5.6	76.9	9.8
Glazed Cake Donut	1 doughnut, medium (approx 3" dia) (45 g)	192	426	5.2	50.8	22.9
Glazed Chocolate Cake Donut	1 doughnut, medium (approx 3" dia) (42 g)	175	417	4.5	57.4	19.9
Glazed Donut	1 doughnut medium (approx 3-3/4" dia) (64 g)	269	421	6.1	47.9	22.7
Glazed Donut Unenriched	1 doughnut, medium (3-1/4" dia) (60 g)	242	403	6.4	44.3	22.8
Glazed French Cruller	1 oz (28.4 g)	117	412	3.1	59.5	18.3
Gluten-Free Bread	1 slice (35 g)	87	248	4.3	45.8	5.2
Gluten-Free Chocolate Sandwich Cookies	3 cookies (44 g)	209	474	2.2	76	17.9
Gluten-Free Chocolate Wafers	3 cookies (23 g)	124	541	4.1	62.8	30.4
Gluten-Free Frozen Pancakes	1 pancake (48 g)	103	215	3.3	40.3	4.6
Gluten-Free Frozen Waffle	1 waffle (45 g)	118	263	2.7	43.1	8.8
Gluten-Free Lemon Wafers	3 cookies (30 g)	155	515	0	74.4	24.2
Gluten-Free Vanilla Sandwich Cookies	3 cookies (44 g)	217	493	2.7	74.6	20.5

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Gluten-Free White Bread with Potato	1 slice (34 g)	109	320	3.1	52.8	10.7
Gluten-Free White Bread with Tapioca	1 slice (28 g)	83	298	5.4	51.2	8
Gluten-Free White Roll with Corn Starch	1 roll (78 g)	186	239	3.3	50.5	2.7
Gluten-Free White Roll with Potato Starch	1 roll (36 g)	112	310	8	55.1	6.4
Gluten-Free White Roll with Sorghum	1 roll (69 g)	177	257	5.7	40.2	8.2
Gluten-Free Whole Grain Bread	1 slice (25 g)	77	309	7.3	49.1	9.3
Gluten-Free Whole Grain Roll	1 roll (44 g)	145	329	11.8	44.3	11.6
Glutino Chocolate Vanilla Creme Cookies	3 cookies (44 g)	209	474	2.2	76	17.9
Glutino Lemon Wafers	3 cookies (30 g)	155	515	0	74.4	24.2
Glutino Milk Chocolate Wafers	3 cookies (23 g)	124	541	4.1	62.8	30.4
Glutino Vanilla Creme Cookies	3 cookies (45 g)	219	487	2.2	77.3	18.8
Guar and Locust Bean Gum	1 oz (28.4 g)	94	332	4.6	77.3	0.5
Guava Pastelitos	1 piece (86 g)	326	379	5.5	47.8	18.5
Hamburger Bun	1 roll 1 serving (44 g)	123	279	9.8	50.1	3.9
Hard Roll	1 oz (28.4 g)	83	293	9.9	52.7	4.3
Hershey's European Style Cocoa	1 tbsp (5 g)	21	410	20	60	10
High-Fat Sesame Flour	1 oz (28.4 g)	149	526	30.8	26.6	37.1
Homemade Apple Pie	1 oz (28.4 g)	75	265	2.4	37.1	12.5
Homemade Banana Cream Pie	1 oz (28.4 g)	76	269	4.4	32.9	13.6
Homemade Blueberry Muffin	1 oz (28.4 g)	81	285	6.5	40.7	10.8
Homemade Blueberry Pancakes	1 oz (28.4 g)	63	222	6.1	29	9.2
Homemade Blueberry Pie	1 oz (28.4 g)	69	245	2.7	33.5	11.9
Homemade Brownie	1 oz (28.4 g)	132	466	6.2	50.2	29.1
Homemade Buttermilk Pancakes	1 oz (28.4 g)	64	227	6.8	28.7	9.3
Homemade Cherry Pie	1 oz (28.4 g)	77	270	2.8	38.5	12.2
Homemade Chocolate Cake No Frosting	1 piece (1/12 of 9" dia) (95 g)	352	371	5.3	53.4	15.1
Homemade Chocolate Glaze with Butter	2 tablespoon (33 g)	118	359	1.4	72.2	7.2
Homemade Corn Muffin	1 oz (28.4 g)	90	316	7.1	44.2	12.3
Homemade Dinner Roll	1 oz (28.4 g)	90	316	8.5	53.4	7.3
Homemade Frosting Glaze	1 recipe yield (327 g)	1115	341	0.4	83.7	0.5
Homemade Gingerbread	1 oz (28.4 g)	101	356	3.9	49.2	16.4
Homemade Graham Cracker Pie Crust	1 piece (1/8 of 9" crust) (30 g)	145	484	4.1	63.9	24.4
Homemade Lemon Meringue Pie	1 oz (28.4 g)	81	285	3.8	39.1	12.9
Homemade Mince Pie	1 oz (28.4 g)	82	289	2.6	48	10.8
Homemade Oatmeal Cookie No Raisins	1 oz (28.4 g)	127	447	6.8	66.4	17.9
Homemade Peanut Butter Cookie	1 oz (28.4 g)	135	475	9	58.9	23.8
Homemade Pecan Pie	1 oz (28.4 g)	117	412	4.9	52.2	22.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Homemade Pie Crust Unbaked	1 piece (1/8 of 9" crust) (24 g)	113	469	5.7	42.3	30.8
Homemade Plain Muffin	1 oz (28.4 g)	84	296	6.9	41.4	11.4
Homemade Pumpkin Pie	1 oz (28.4 g)	58	204	4.5	26.4	9.3
Homemade Sponge Cake	1 oz (28.4 g)	84	297	7.3	57.7	4.3
Homemade Vanilla Cream Pie	1 oz (28.4 g)	79	278	4.8	32.6	14.4
Homemade Vanilla Wafer Pie Crust	1 cup (129 g)	685	531	3.7	50.2	36.2
Homemade White Bread with 2% Milk	1 slice (42 g)	120	285	7.9	49.6	5.7
Homemade White Bread with Nonfat Dry Milk	1 slice (44 g)	121	274	7.7	53.6	2.6
Homemade White Cake No Frosting	1 piece (1/12 of 9" dia) (74 g)	264	357	5.4	57.2	12.4
Homemade Whole Wheat Bread	1 slice, regular (4" x 5" x 3/4") (46 g)	128	278	8.4	51.4	5.4
Homemade Whole Wheat Bread Toasted	1 slice (42 g)	128	305	9.2	56.4	5.9
Homemade Yellow Cake No Frosting	1 piece (1/12 of 8" dia) (68 g)	245	361	5.3	53	14.6
Hush Puppies	1 cup (152 g)	512	337	7.7	46	13.5
Incomplete Pancake Mix	1 cup, poured from box (112 g)	398	355	10	73.6	1.7
Industrial Flour 10% Protein	100 g	366	366	9.7	76.2	1.5
Industrial Flour 10% Protein Unbleached	100 g	366	366	9.7	76.2	1.5
Industrial Flour 10% Protein Unenriched	100 g	366	366	9.7	76.2	1.5
Industrial Flour 11.5% Protein	100 g	363	363	11.5	73.8	1.5
Industrial Flour 11.5% Protein Unbleached	100 g	363	363	11.5	73.8	1.5
Industrial Flour 11.5% Protein Unenriched	100 g	363	363	11.5	73.8	1.5
Industrial Flour 13% Protein	100 g	362	362	13.1	72.2	1.4
Industrial Flour 13% Protein Unenriched	100 g	362	362	13.1	72.2	1.4
Industrial Flour 15% Protein	100 g	362	362	15.3	69.9	1.4
Industrial Flour 15% Protein Unenriched	100 g	362	362	15.3	69.9	1.4
Industrial Flour 9% Protein	100 g	367	367	8.9	77.3	1.4
Industrial Flour 9% Protein Unenriched	100 g	367	367	8.9	77.3	1.4
Irish Soda Bread	1 oz (28.4 g)	82	290	6.6	56	5
Italian Bread	1 slice (29 g)	75	259	9.5	48.1	2.7
Jelly Donut	1 doughnut oval (3-1/2" x 2-1/2") (85 g)	289	340	5.9	39	18.7
Keikitos Muffins	1 piece (42 g)	196	467	6.8	53.2	25.2
Kraft Shake 'N Bake Original Pork Coating	1 serving (28 g)	106	377	6.1	79.8	3.7
Kraft Stove Top Chicken Stuffing Mix	1 NLEA serving (makes 1/2 cup prepared) (28 g)	107	381	12.6	73.1	4.1
Krusteaz Almond Poppyseed Muffin Mix	1 serving (40 g)	167	418	5.6	75.6	10.3
La Ricura Salpura de Arroz	1 piece (1 serving) (42 g)	187	445	8.8	66.3	16.1

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Ladyfingers No Lemon	1 oz (28.4 g)	103	363	10.6	59.7	9.1
Ladyfingers with Lemon	1 oz (28.4 g)	103	365	10.6	59.7	9.1
Lemon Danish	1 oz (28.4 g)	105	371	5.4	47.8	18.5
Lemon Meringue Pie	1 oz (28.4 g)	76	268	1.5	47.2	8.7
Light Rye Flour	1 cup (102 g)	364	357	9.8	76.7	1.3
Light Yellow Cake Mix	1 oz (28.4 g)	115	404	4.7	84.1	5.5
Liquid Pectin	1 fl oz assumed specific gravity of honey (28.4 g)	3	11	0	2.1	0
Little Debbie Nutty Bars	1 serving (57 g)	312	548	8	55.2	32.8
Low Calorie Cherry Pie Filling	1 cup (264 g)	140	53	0.8	12	0.2
Low Fat Breakfast Tart	1 tart (52 g)	193	372	4	76.8	6
Low Sodium Baking Powder	1 tsp (5 g)	5	97	0.1	46.9	0.4
Low-Fat Blueberry Muffin	1 oz (28.4 g)	72	255	4.2	50.1	4.2
Low-Fat Chocolate Creme-Filled Snack Cake	1 cake 1 serving (27 g)	110	409	3.7	69.4	13
Low-Fat Cottonseed Flour	1 oz (28.4 g)	94	332	49.8	36.1	1.4
Low-Fat Non-Chocolate Snack Cake	1 cake 1 serving (27 g)	111	412	3.7	74.3	11.1
Low-Fat Sesame Flour	1 oz (28.4 g)	94	333	50.1	35.5	1.8
Lower Fat Chocolate Chip Cookie	1 serving 3 cookies (34 g)	153	451	6	67.5	17.9
M&M's Milk Chocolate Mini Baking Bits	1 serving 0.5 oz, about 1 tbsp (14 g)	70	502	4.8	68.4	23.4
M&M's Semisweet Mini Baking Bits	1 serving 0.5 oz, about 1 tbsp (14 g)	72	517	4.4	66	26.2
Marie Biscuits	5 cookie (28 g)	114	406	7.1	70.5	10.6
Marshmallow Rice Cereal Cookies	1 bar (22 g)	96	435	4.6	63.3	18.2
Martha White Buttermilk Biscuit Mix	1 serving (41 g)	159	388	7.8	59.4	13.2
Martha White Chewy Fudge Brownie Mix	1 serving (28 g)	114	407	4.4	83.6	6.2
Masa Corn Flour White Unenriched	1 cup (114 g)	414	363	8.5	76.6	3.7
Masa Corn Flour Yellow Enriched	1 cup (114 g)	414	363	8.5	76.6	3.7
Masa Harina	1 cup (114 g)	414	363	8.5	76.6	3.7
Mexican Baking Chocolate Squares	1 tablet (20 g)	85	426	3.6	77.4	15.6
Mexican Bolillo Roll	1 piece (98 g)	312	318	10.7	55.8	5.8
Millet Flour	1 cup (119 g)	455	382	10.8	75.1	4.3
Mission Soft Taco Flour Tortilla	1 serving (51 g)	146	287	8.7	49.6	6
Mixed Grain Biscuit Refrigerated Dough	1 oz (28.4 g)	75	263	6.1	47.4	5.6
Mixed-Grain English Muffin	1 oz (28.4 g)	67	235	9.1	46.3	1.8
Mixed-Grain Hamburger Bun	1 oz (28.4 g)	75	263	9.6	44.6	6
Molasses Cookies	1 medium (15 g)	65	430	5.6	73.8	12.8
Multigrain Bagel	1 piece bagel (81 g)	195	241	9.9	47.5	1.2
Multigrain Bread	1 slice regular (26 g)	69	265	13.4	43.3	4.2
Multigrain Bread Toasted	1 slice regular (24 g)	69	288	14.5	47.1	4.6

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Naan	1 piece (90 g)	262	291	9.6	50.4	5.7
Nabisco Oreo Crunchies Cookie Crumbs	1 serving (11 g)	52	476	4.8	70.2	21.5
No-Bake Banana Cream Pie From Mix	1 oz (28.4 g)	71	251	3.4	31.6	12.9
No-Bake Cheesecake From Mix	1 oz (28.4 g)	78	274	5.5	35.5	12.7
No-Bake Chocolate Mousse Pie From Mix	1 oz (28.4 g)	74	260	3.5	29.6	15.4
No-Bake Coconut Cream Pie From Mix	1 oz (28.4 g)	78	276	2.8	28.5	17.6
Oat Bran Bagel	1 medium bagel (3-1/2" to 4" dia) (105 g)	268	255	10.7	53.3	1.2
Oat Bran Bread	1 slice (30 g)	71	236	10.4	39.8	4.4
Oat Bran Bread Toasted	1 slice (27 g)	70	259	11.4	43.7	4.8
Oat Bran Dinner Roll	1 oz (28.4 g)	67	236	9.5	40.2	4.6
Oat Bran Muffin	1 medium (113 g)	305	270	7	48.3	7.4
Oat Flour	1 cup (104 g)	420	404	14.7	65.7	9.1
Oatmeal Bread	1 slice (27 g)	73	269	8.4	48.5	4.4
Oatmeal Bread Toasted	1 slice (25 g)	73	292	9.2	52.7	4.8
Oatmeal Cookie	1 large (18 g)	81	450	6.2	68.7	18.1
Oatmeal Cookie Dough	1 oz (28.4 g)	120	424	5.4	59.1	18.9
Oatmeal Cookie Dough Baked	1 oz (28.4 g)	134	471	6	65.7	21
Oatmeal Cookie Mix	1 oz (28.4 g)	131	462	6.5	67.3	19.2
Oatmeal Creme Sandwich Cookies	1 cookie 1 serving (38 g)	151	398	2.6	55.6	18.3
Oatmeal Raisin Cookie	1 oz (28.4 g)	125	441	5.9	69	15.8
Pan Dulce	1 slice (average weight of 1 slice) (63 g)	231	367	9.4	56.4	11.6
Pancake Mix	1/3 cup (52 g)	191	368	9.8	73.7	3.1
Pancakes	1 pancake (4" dia) (38 g)	86	227	6.4	28.3	9.7
Pancakes From Complete Mix	1 oz (28.4 g)	55	194	5.2	36.7	2.5
Pancakes From Incomplete Mix	1 oz (28.4 g)	62	218	7.8	28.9	7.7
Partially Defatted Cottonseed Flour	1 cup (94 g)	337	359	41	40.5	6.2
Partially Defatted Cottonseed Meal	1 oz (28.4 g)	104	367	49.1	38.4	4.8
Partially Defatted Safflower Seed Meal	1 oz (28.4 g)	97	342	35.6	48.7	2.4
Partially Defatted Sesame Flour	1 oz (28.4 g)	108	382	40.3	35.1	11.9
Partially Defatted Sesame Meal	1 oz (28.4 g)	161	567	17	26	48
Partially Defatted Sunflower Seed Flour	1 cup (64 g)	209	326	48.1	35.8	1.6
Peach Pie	1 oz (28.4 g)	64	224	1.9	32.9	10
Peanut Butter Cookie	1 cookie (31 g)	147	473	8.9	58.2	23.8
Peanut Butter Cookie Dough	1 oz (28.4 g)	130	458	8.2	52.1	25
Peanut Butter Cookie Dough Baked	1 oz (28.4 g)	143	503	9.1	57.3	27.5
Peanut Butter Sandwich Cookies	1 oz (28.4 g)	136	478	8.8	65.6	21.1
Peanut Flour Defatted	1 cup (60 g)	196	327	52.2	34.7	0.6
Peanut Flour Low Fat	1 cup (60 g)	257	428	33.8	31.3	21.9

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Pecan Pie	1 slice (133 g)	541	407	4.5	59.6	16.7
Pecan Shortbread	1 oz (28.4 g)	154	542	4.9	58.3	32.5
Pectin Dry Mix	1 package (1.75 oz) (50 g)	163	325	0.3	90.4	0.3
Phyllo Dough	1 sheet dough (19 g)	57	299	7.1	52.6	6
Pie Crust	1 piece (1/8 of 9" crust) (23 g)	121	527	6.4	47.5	34.6
Pie Crust From Mix Baked	1 piece (1/8 of 9" crust) (20 g)	100	501	6.7	50.4	30.4
Pie Crust Mix	1 oz (28.4 g)	147	518	6.9	52.1	31.4
Pillsbury Buttermilk Biscuits	1 serving (64 g)	151	236	6.4	47.1	2.8
Pillsbury Chocolate Chip Cookie Dough	1 serving 2 cookies (38 g)	171	450	3.8	60.8	21.3
Pillsbury Cinnamon Rolls with Icing	1 serving 1 roll with icing (44 g)	145	330	4.3	53.4	11.3
Pillsbury Crusty French Loaf Dough	1 serving (52 g)	126	243	8.6	46.4	2.9
Pillsbury Golden Layers Buttermilk Biscuits	1 serving (34 g)	104	307	5.9	41.2	13.2
Pillsbury Grands Buttermilk Biscuits	1 biscuit (34 g)	100	293	6.2	42.4	11.3
Pineapple Upside-Down Cake	1 oz (28.4 g)	90	319	3.5	50.5	12.1
Pita Bread	1 pita, large (6-1/2" dia) (60 g)	165	275	9.1	55.7	1.2
Pita Bread Unenriched	1 oz (28.4 g)	78	275	9.1	55.7	1.2
Plain Bagel No Calcium Propionate	1 medium bagel (3-1/2" to 4" dia) (105 g)	289	275	10.5	53.4	1.6
Plain Bagel Toasted	1 medium bagel (3-1/2" to 4" dia) (99 g)	284	287	11.1	57.4	1.4
Plain Bagel Unenriched	1 medium bagel (3-1/2" to 4") (105 g)	289	275	10.5	53.4	1.6
Plain Breadsticks	1 cup, small pieces (46 g)	190	412	12	68.4	9.5
Plain Chapati or Roti	1 piece (68 g)	202	297	11.3	46.4	7.5
Popover Mix Enriched	1 oz (28.4 g)	105	371	10.4	71	4.3
Popover Mix Unenriched	1 oz (28.4 g)	105	371	10.4	71	4.3
Potato Bread	1 slice (32 g)	85	266	12.5	47.1	3.1
Potato Flour	1 cup (160 g)	571	357	6.9	83.1	0.3
Pound Cake	0.16 loaf 1/6 of the loaf (61 g)	215	353	5	53.6	14
Pound Cake Not All-Butter	1 piece (1/10 of 10.6 oz cake) (30 g)	117	389	5.2	52.5	17.9
Pound Cake Not All-Butter Unenriched	1 piece (1/10 of 10.6 oz cake) (30 g)	117	389	5.2	52.5	17.9
Protein Bread	1 slice (19 g)	47	245	12.1	43.8	2.2
Protein Bread Toasted	1 slice (17 g)	46	270	13.2	48.1	2.4
Pudding-Type Carrot Cake Mix	1 oz (28.4 g)	118	415	5.1	79.2	9.8
Pudding-Type Chocolate Cake Mix	1 oz (28.4 g)	111	391	4.6	80.2	8.1
Pudding-Type White Cake Mix	1 oz (28.4 g)	120	423	3.9	80.9	9.5
Pudding-Type White Cake Mix Unenriched	1 oz (28.4 g)	120	423	3.9	81	9.5
Pudding-Type Yellow Cake Mix	1 oz (28.4 g)	120	423	4	80	9.8
Puff Pastry	1 oz (28.4 g)	156	551	7.3	45.1	38.1
Puff Pastry Baked	1 oz (28.4 g)	158	558	7.4	45.7	38.5
Pumpernickel Bread	1 slice, regular (26 g)	65	250	8.7	47.5	3.1
Pumpernickel Roll	1 medium (2-1/2" dia) (36 g)	99	276	10.8	51.9	2.8

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Pumpkin Pie	1 slice (133 g)	323	243	3.9	34.8	9.8
Raisin Bread	1 slice, large (32 g)	88	274	7.9	52.3	4.4
Raisin Bread Toasted	1 slice, large (29 g)	86	297	8.6	56.9	4.8
Raisin Bread Unenriched	1 slice, large (32 g)	88	274	7.9	52.3	4.4
Raisin Cinnamon English Muffin	1 oz (28.4 g)	68	240	7.9	48.1	1.8
Raisin Cinnamon English Muffin Toasted	1 oz (28.4 g)	78	276	8.9	55	2.2
Raspberry Danish	1 oz (28.4 g)	105	371	5.4	47.8	18.5
Ready Crust Chocolate Pie Crust	1 crust (182 g)	881	484	6.1	64.5	22.4
Ready Crust Graham Cracker Pie Crust	1 oz (28.4 g)	142	501	5.1	64.3	24.8
Reduced Fat Brownie with Added Fiber	1 brownie 1 serving (36 g)	124	345	2.8	61.6	9.7
Reduced Fat Chocolate Sandwich Cookie	1 serving (34 g)	148	436	2.9	76.2	13.2
Reduced Fat Oatmeal Cookie	1 cookie (25 g)	91	365	4	64.6	10
Reduced Fat Pancakes	1 serving 3 pancakes (105 g)	282	269	5.7	57.3	1.9
Reduced Fat Shortbread	1 cookie (11.8 g)	53	451	5.4	76	14
Reduced Fat Vanilla Sandwich Cookie	1 serving cookie (48 g)	203	423	4.2	78.2	10.4
Reduced-Calorie Oat Bran Bread	1 slice (23 g)	46	201	8	41.3	3.2
Reduced-Calorie Oat Bran Bread Toasted	1 slice (19 g)	45	239	9.5	49.2	3.8
Reduced-Calorie Oatmeal Bread	1 slice (23 g)	48	210	7.6	43.3	3.5
Reduced-Calorie Rye Bread	1 slice (23 g)	47	203	9.1	40.5	2.9
Reduced-Calorie Wheat Bread	1 slice (21 g)	46	217	13.3	42.5	2.9
Reduced-Calorie White Bread	1 slice (23 g)	48	207	8.7	44.3	2.5
Refrigerated Biscuit Dough Higher Fat	1 oz (28.4 g)	87	307	6.7	46.3	10.6
Refrigerated Biscuit Dough Lower Fat	1 serving 1 biscuit (58 g)	157	270	6.7	43.7	7.8
Refrigerated Biscuit Higher Fat Baked	1 oz (28.4 g)	92	324	6.8	49.1	11.2
Refrigerated Biscuit Lower Fat Baked	1 oz (28.4 g)	90	319	7.8	51.6	9.1
Refrigerated Cinnamon Roll Baked	1 oz (28.4 g)	103	362	5.4	56.1	13.2
Refrigerated Cinnamon Roll Dough	1 oz (28.4 g)	94	333	5	51.6	12.2
Refrigerated Pie Crust Baked	1 pie crust (198 g)	1002	506	3.4	58.5	28.7
Refrigerated Pie Crust Unbaked	1 pie crust (average weight) (229 g)	1019	445	3	51.1	25.5
Rennin Tablets Unsweetened	1 package (0.35 oz) (9.9 g)	8	84	1	19.8	0.1
Rice Bran Bread	1 slice (27 g)	66	243	8.9	43.5	4.6
Rice Bran Bread Toasted	1 slice (25 g)	66	264	9.7	47.3	5
Rice Flour	1 cup (158 g)	578	366	6	80.1	1.4
Rudi's Gluten-Free Original Sandwich Bread	1 slice (34 g)	109	320	3.1	52.8	10.7
Rye Bread	1 slice, regular (32 g)	83	259	8.5	48.3	3.3
Rye Bread Toasted	1 slice, large (29 g)	82	284	9.4	53.1	3.6
Rye Dinner Roll	1 medium (36 g)	103	286	10.3	53.1	3.4

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Rye Flour	1 cup (102 g)	356	349	10.9	75.4	1.5
Sage Valley Gluten-Free Vanilla Cookies	3 cookies (44 g)	220	499	3.1	71.9	22.2
Salvadoran Pan de Torta	1 serving (55 g)	215	390	7.1	51.3	17.5
Salvadoran Sweet Cheese Bread	1 serving (approximate serving size) (55 g)	206	374	7.1	47.8	17.1
Schär Gluten-Free Classic White Bread	100 g	240	240	3.8	46.1	4.5
Schär Gluten-Free Classic White Rolls	1 roll (78 g)	186	239	3.3	50.5	2.7
Seasoned Breadcrumbs	1 cup (120 g)	460	383	14.1	68.5	5.5
Seasoned Croutons	1 cup (40 g)	186	465	10.8	63.5	18.3
Self-Rising Flour	1 cup (125 g)	443	354	9.9	74.2	1
Self-Rising White Cornmeal Bolted	1 cup (122 g)	407	334	8.3	70.3	3.4
Self-Rising White Cornmeal Degermed	1 cup (138 g)	490	355	8.4	74.8	1.7
Self-Rising White Cornmeal with Wheat Flour	1 cup (170 g)	592	348	8.4	73.4	2.9
Self-Rising Yellow Cornmeal Bolted	1 cup (122 g)	407	334	8.3	70.3	3.4
Self-Rising Yellow Cornmeal Degermed	1 cup (138 g)	490	355	8.4	74.8	1.7
Self-Rising Yellow Cornmeal with Wheat Flour	1 cup (170 g)	592	348	8.4	73.4	2.9
Semolina	1 cup (167 g)	601	360	12.7	72.8	1.1
Semolina Unenriched	1 cup (167 g)	601	360	12.7	72.8	1.1
Shelf-Stable Flour Tortilla	1 tortilla (49 g)	146	297	8	49.3	7.6
Shortbread	1 cookie (11.8 g)	61	514	5.4	63.8	26.2
SnackWell's Devil's Food Cookie Cakes	1 serving (16 g)	49	305	5	74.3	1.1
Soft Chocolate Chip Cookie	1 oz (28.4 g)	126	444	3.6	65.8	19.8
Soft Oatmeal Cookie	1 oz (28.4 g)	116	409	6.1	65.7	14.7
Soft Peanut Butter Cookie	1 oz (28.4 g)	130	457	5.3	57.7	24.4
Soft Raisin Cookie	1 oz (28.4 g)	114	401	4.1	68	13.6
Sorghum Flour	1 cup (121 g)	434	359	8.4	76.6	3.3
Sorghum Flour Refined	1 cup (161 g)	575	357	9.5	76.9	1.2
Soy Flour	1 cup, stirred (84 g)	365	434	37.8	31.9	20.7
Soy Flour Defatted	1 cup (105 g)	343	327	51.5	33.9	1.2
Soy Flour Full-Fat Roasted	1 cup, stirred (85 g)	373	439	38.1	30.4	21.9
Soy Flour Low-Fat	1 cup, stirred (88 g)	327	372	49.8	30.6	8.9
Soy Meal Defatted Raw	1 cup (122 g)	411	337	49.2	35.9	2.4
Sponge Cake	1 oz (28.4 g)	82	290	5.4	61	2.7
Sprouted Wheat Bread	1 slice 1 serving (38 g)	71	188	13.2	33.9	0
Sprouted Wheat Bread Toasted	1 slice 1 serving (38 g)	78	205	14.3	36.8	0
Straight Phosphate Baking Powder	1 tsp (4.6 g)	2	51	0.1	24.1	0
Stuffing	1/2 cup (100 g)	195	195	2.7	18.8	12.1
Sugar Cookie	1 cookie (17 g)	79	464	5.4	67.3	19.6
Sugar Cookie Dough	1 serving (33 g)	144	436	4	61.2	19.5

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Sugar Cookie Dough Baked	1 cookie 1 pre-sliced cookie dough (23 g)	112	489	4.7	65.6	23.1
Sugar Free Brownie Mix	1 oz (28.4 g)	121	426	2.9	80.4	12.5
Sugar Free Creme-Filled Sugar Wafers	1 oz (28.4 g)	151	531	3.6	66.3	28.6
Sugar Free Peanut Butter Cookie	1 serving 3 cookies (29 g)	152	523	10.3	50.5	31
Sugar Ice Cream Cone	1 oz (28.4 g)	114	402	7.9	84.1	3.8
Sweet Dinner Roll	1 slice (39 g)	125	321	10	53.6	7.4
Taco Shells	1 shell (12.9 g)	61	476	6.4	63.5	21.8
Taco Shells No Salt Added	1 medium (approx 5" dia) (13 g)	61	468	7.2	62.4	22.6
Tapioca Pearls	1 cup (152 g)	544	358	0.2	88.7	0
Thomas' English Muffin	1 serving (57 g)	132	232	8	46	1.8
Toasted White Bread	1 cup, crumbs (45 g)	131	290	9	54.5	4
Toaster Pastry	1 piece (53 g)	204	385	4	71.8	9
Udi's Gluten-Free French Dinner Rolls	1 roll (36 g)	112	310	8	55.1	6.4
Udi's Gluten-Free White Sandwich Bread	1 slice (28 g)	83	298	5.4	51.2	8
Udi's Gluten-Free Whole Grain Bread	1 slice (25 g)	77	309	7.3	49.1	9.3
Udi's Gluten-Free Whole Grain Dinner Rolls	1 roll (44 g)	145	329	11.8	44.3	11.6
Unbleached All-Purpose Flour	1 cup (125 g)	455	364	10.3	76.3	1
Unenriched Bagel No Calcium Propionate	1 medium bagel (3-1/2" to 4" dia) (105 g)	289	275	10.5	53.4	1.6
Unflavored Gelatin	1 envelope (1 tbsp) (7 g)	23	335	85.6	0	0.1
Unsweetened Baking Chocolate	1 cup, grated (132 g)	847	642	14.3	28.4	52.3
Unsweetened Liquid Baking Chocolate	1 oz (28.4 g)	134	472	12.1	36.2	47.7
Van's Gluten-Free Original Pancakes	1 pancake (48 g)	103	215	3.3	40.3	4.6
Van's Gluten-Free Original Waffles	1 waffle (47 g)	117	248	3	40.5	8.2
Vanilla Frosting	2 tbsp creamy (33 g)	138	418	0	67.9	16.2
Vanilla Frosting Mix	1 package (411 g)	1685	410	0.3	93.8	4.9
Vanilla Frosting Mix with Margarine	2 tablespoon (33 g)	136	413	0.3	74.3	12.7
Vanilla Sandwich Cookie	1 oz (28.4 g)	137	483	4.5	72.1	20
Vanilla Wafers Higher Fat	8 wafers (30 g)	137	455	4.9	72.6	16.4
Vanilla Wafers Lower Fat	1 medium (4 g)	18	441	5	73.6	15.2
Vital Wheat Gluten	100 g	370	370	75.2	13.8	1.9
Waffles	1 waffle, round (7" dia) (75 g)	218	291	7.9	32.9	14.1
Weight Watchers Frozen Chocolate Eclair	1 eclair, frozen (59 g)	142	241	4.4	40.3	6.9
Wheat Bagel	1 bagel (98 g)	245	250	10.2	48.9	1.5
Wheat Bran Muffin Mix	1 oz (28.4 g)	112	396	7.1	73	12
Wheat Bran Raisin Toaster Muffin Toasted	1 oz (28.4 g)	89	313	5.5	55.5	9.4
Wheat Bread	1 slice (29 g)	79	274	10.7	47.5	4.5
Wheat Bread Toasted	1 slice (24 g)	75	313	13	55.8	4.3

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Wheat Dinner Roll	1 roll (1 oz) (28 g)	76	273	8.6	46	6.3
Wheat English Muffin	1 oz (28.4 g)	63	223	8.7	44.8	2
Wheat Hamburger Bun	1 roll (51 g)	137	269	11.7	47.3	3.6
Wheat Tortilla Flour Mix	1 cup (111 g)	450	405	9.7	67.1	10.6
White Bread	1 slice (29 g)	77	266	8.9	49.4	3.3
White Bread Low Sodium	1 cup, crumbs (45 g)	120	267	8.2	49.6	3.6
White Bread Low Sodium Toasted	1 slice (23 g)	67	293	9	54.4	4
White Cake with Coconut Frosting	1 oz (28.4 g)	101	356	4.4	63.2	10.3
White Cornmeal	1 cup (157 g)	581	370	7.1	79.5	1.8
White Fluffy Frosting Mix	1 package (207 g)	768	371	2.3	94.9	0
White Fluffy Frosting Mix with Water	1 package yields (315 g)	769	244	1.5	62.6	0
White Wheat Bread	1 slice (28 g)	67	238	10.7	43.9	2.2
Whole Grain White Bagel	1/2 piece bagel 1 serving (43 g)	110	255	9.3	54.5	0
Whole Grain White English Muffin	1 muffin 1 serving (57 g)	140	245	7	50.2	1.8
Whole Grain White Hamburger Bun	1 piece roll (43 g)	110	255	9.3	46.5	3.5
Whole Wheat Bread	1 slice (32 g)	81	252	12.5	42.7	3.5
Whole Wheat Bread Toasted	1 slice (25 g)	77	306	16.3	51.2	4.1
Whole Wheat Chapati or Roti Frozen	1 piece (43 g)	129	299	7.9	46.1	9.2
Whole Wheat Dinner Roll	1 medium (2-1/2" dia) (36 g)	96	266	8.7	51.1	4.7
Whole Wheat English Muffin	1 oz (28.4 g)	58	203	8.8	40.4	2.1
Whole Wheat Flour	1 cup (120 g)	408	340	13.2	72	2.5
Whole Wheat French Bread	1 slice 1 serving (48 g)	115	239	8.3	49.1	1
Whole Wheat Hamburger Bun	1 roll (56 g)	151	269	12.4	44.9	4.4
Whole Wheat Naan	1 piece (106 g)	303	286	10.2	46.2	6.7
Whole Wheat Pancake Mix	1 cup, poured from box (140 g)	482	344	12.8	71	1.5
Whole Wheat Pancake Mix Higher Sodium	1/4 cup mix 1 serving (38 g)	133	350	10.5	74.1	1.3
Whole Wheat Pancakes From Mix	1 oz (28.4 g)	59	208	8.5	29.4	6.5
Whole Wheat Paratha Frozen	1 piece (79 g)	258	326	6.4	45.4	13.2
Whole Wheat Pita	1 pita, large (6-1/2" dia) (64 g)	168	262	9.8	55.9	1.7
Whole Wheat Tortilla	1 tortilla 1 serving (41 g)	127	310	9.8	45.9	9.8
Whole-Grain Blue Corn Flour	1 tbsp (6.9 g)	25	364	8.8	73.9	5.1
Whole-Grain Soft Wheat Flour	100 g	332	332	9.6	74.5	2
Whole-Grain Triticale Flour	1 cup (130 g)	439	338	13.2	73.1	1.8
Whole-Grain White Corn Flour	1 cup (117 g)	422	361	6.9	76.9	3.9
Whole-Grain White Cornmeal	1 cup (122 g)	442	362	8.1	76.9	3.6
Whole-Grain Yellow Cornmeal	1 cup (122 g)	442	362	8.1	76.9	3.6
Wonder Hamburger Rolls	1 serving (43 g)	117	273	8.1	50.8	4.2
Yeast	1 packet (7.2 g)	23	325	40.4	41.2	7.6
Yellow Cake	1 piece (1/12 of a cake) (144 g)	546	379	3.2	55.4	17.8
Yellow Cake Mix Enriched	1 serving (43 g)	161	374	3.7	81.9	3.5

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Yellow Cake Mix Unenriched	1 oz (28.4 g)	122	432	4.4	78.1	11.6
Yellow Cake with Vanilla Frosting	1 serving (67 g)	262	391	3	56.2	17.9

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: <https://nutritionfactlabel.com/nutrition-database/bread-and-baking/>