

Food Nutrients Data

Category	Food Item	Measure	Calories	Protein	Fat	Carbs	Fibre
Baked Goods	Angelfood, commercial (25cm diam)	1/12	73	2		16	0.4
Baked Goods	Angelfood, from mix (25cm diam)	1/12	129	3		29	0.1
Baked Goods	Animal crackers (arrowroot, social tea)	2	45	1	1	7	0.2
Baked Goods	Apple crisp, homemade	125mL	206	2	4	39	1.8
Baked Goods	Apple, commercial, 2 crust (23cm diam)	1/8	296	2	14	43	2.0
Baked Goods	Apple, homemade, 2 crust (23cm diam)	1/8	411	4	19	58	2.3
Baked Goods	Banana bread, homemade (11cm X 6cm X 1cm)	1 slice	196	3	6	33	0.7
Baked Goods	Banana cream, from mix, no-bake type (23cm diam)	1/8	231	3	12	29	0.6
Baked Goods	Biscuit, plain or buttermilk, fast food	1	186	3	8	25	0.7
Baked Goods	Biscuit, plain or buttermilk, from mix, baked	1	97	2	4	14	0.4
Baked Goods	Biscuit, plain or buttermilk, homemade	1	212	4	10	27	0.9
Baked Goods	Biscuit, plain, refrigerated dough, baked	1	93	2	4	13	0.4
Baked Goods	Boston cream pie, commercial	1/6	232	2	8	39	1.3
Baked Goods	Bread pudding with raisins, homemade	125mL	162	6	5	24	0.9
Baked Goods	Breakfast bar, Oatmeal to Go™	1	197	3	5	33	2.4
Baked Goods	Brownies, commercial (5cm X 5cm)	1 square	138	2	6	22	0.7
Baked Goods	Brownies, homemade (5cm X 5cm)	1 square	168	2	10	18	0.8
Baked Goods	Butter tart	1	248	2	14	29	0.7