



Nutrients in Commonly Served Foods

Cakes							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Banana Cake	1 piece, frosted		265	11	2	41	0
Blueberry Crumb Cake	1 serving		236	9	2	39	1
Café Mocha Cake	1 piece		281	18	3	29	1
Caramel Cheesecake	1 piece		344	24	7	28	2
Carrot Cake with Frosting	1 piece, frosted		294	14	3	39	2
Cheesecake	1 piece		372	25	6	32	0
Chocolate Caramel Cake with Walnuts	1 serving		409	15	5	67	2
Chocolate Chip Cake	1 piece	Y	179	7	2	28	0
Chocolate Cupcake	1 cupcake, frosted		220	7	1	38	0
Devil's Food Cake with Frosting	1 piece, frosted		243	7	2	44	0
Lemonade Cake	1 piece		322	8	1	63	0
Lemon Loaf Cake	1 piece		438	16	6	67	1
Marble Cake with Frosting	1 piece, frosted		236	8	2	42	0
Marble Cheesecake	1 piece		381	26	6	32	1
Mocha Cheesecake	1 piece		342	22	6	33	0
Peach Cake	1 slice	Y	169	0	3	40	2
Raspberry Swirl Cheesecake	1 piece		300	20	5	26	0
Shortcake Biscuit w/ Strawberry Sauce	1 serving	Y	202	9	2	27	1
Sour Cream Pound Cake	1 piece		270	13	3	37	0
Texas Sheet Cake	1 piece		258	11	2	38	0
White Cake with Frosting	1 piece, frosted		248	7	2	45	0
Yellow Cake with Frosting	1 piece, frosted		250	8	1	45	0
Yellow Cupcakes	1 cupcake, frosted		227	7	1	39	0

Pies							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Banana Cream Pie	1 slice		355	20	5	40	1
Boston Cream Pie	1 slice		278	11	3	45	0
Chocolate Cream Pie	1 slice		330	18	4	41	0
Double Crusted Cherry Pie	1 slice		516	27	4	65	2
Dutch Apple Pie	1 slice		502	25	3	70	0
Lemon Meringue Pie	1 slice		354	12	3	61	0
Pumpkin Pie	1 slice		315	15	6	40	0
Raspberry Cream Pie	1 slice		363	18	5	47	2
Strawberry Cream Pie	1 slice		260	14	2	33	1

Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.



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Cookies and Bars							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Banana Chocolate Chip Cookies	2 cookies	Y	201	7	3	35	1
Butterscotch Cookies	2 cookies		220	8	2	36	0
Choc. Peanut Butter Chip Cookies	2 cookies		242	12	3	33	0
Chocolate Chip Cookies	2 cookies		239	12	2	32	0
Cinnamon Sugar Cookies (vegan)	2 cookies	Y	246	6	3	44	1
Cranberry Chocolate Chip Cookies	2 cookies	Y	173	8	2	26	2
Double Chocolate Mocha Brownie	1 brownie		249	12	3	35	1
Double Chocolate Oatmeal Dreams	2 cookies		228	10	3	32	2
Fudge Brownie	1 brownie		243	12	3	35	1
Honey Oatmeal Cookies	2 cookies	Y	226	9	3	35	2
Key Lime Square	1 square		362	15	8	50	0
M&M Cookies	2 cookies		245	12	3	32	0
Magic Bars	1 bar		271	15	4	32	0
Maple Pumpkin Cheesecake Bar	1 bar		306	19	4	32	1
Mint Brownie	1 bar		243	12	3	35	1
Mocha Truffle Cookies	2 cookies		273	12	3	40	0
Molasses Cookies	2 cookies		273	12	3	41	0
Oatmeal Raisin Cookies	2 cookies	Y	213	10	3	27	0
Oatmeal Raisin Cookies (vegan)	2 cookies	Y	232	9	4	35	2
Peanut Butter Cookies	2 cookies		257	16	5	26	0
Platinum Blondie	1 bar		260	11	3	39	0
Raspberry Pastry Bar w/ walnuts	1 bar		244	16	3	25	1
Raspberry Truffle Brownie	1 brownie		241	17	3	22	1
Rice Krispies Treats	1 square	Y	150	5	1	25	0
S'Mores Bars	2 cookies		222	9	2	36	1
Snickerdoodles	2 cookies		279	12	3	40	0
Sugar Cookies	2 cookies		242	12	3	31	0
Toffee Chocolate Chip Cookie	2 cookies		216	12	2	26	1
Toll House Cookie Bars	1 bar		243	16	4	25	0
White Chocolate Chip	2 cookies		247	13	3	31	0

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Other Desserts							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Apple Crisp	1 serving		270	9	2	48	3
Banana Icebox Pudding	1/2 cup plus cookies	Y	199	9	4	27	0
Blueberry Muffin	1 muffin	Y	190	8	3	27	1
Blueberry Peach Cobbler	1/2 cup	Y	178	1	3	42	2
Cherry Gelatin	1/2 cup		82	0	1	19	0
Chocolate Brownie Pudding	1/2 cup	Y	198	5	2	40	1
Chocolate Soft Serve	1/2 cup	Y	120	3	3	21	0
Deep Chocolate Pudding	1/2 cup		255	13	5	36	3
Applesauce	1/2 cup		93	0	0	24	2
Michigan Fruit Crisp	1 serving		325	10	2	60	3
Pumpkin Mousse	1/2 cup		291	17	2	36	2
Streusel Muffin	1 muffin		348	19	4	41	1
Vanilla Soft Serve	1/2 cup	Y	130	3	3	21	0