Calorie chart: cakes, cookies and pastries (PDF)

Calories, protein, carbohydrate and fat for 257 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)
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 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
Archway Sugar Free Oatmeal Cookies	1 serving (24 g)	106	**442**	5.5	67.2	20.9
Bimbo Panque Casero Pound Cake	1 slice (39 g)	163	**418**	6.6	48.9	21.7
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 Pie	1 oz (28.4 g)	66	**232**	1.8	34.9	10
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 Cream Pie	1 oz (28.4 g)	71	**252**	2.4	42.9	8.5

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Brown Sugar Cinnamon Toaster Pastry	1 oz (28.4 g)	105	**370**	4.1	72.6	8
Brownie	1 square, large (2-3/4" sq x 7/8") (56 g)	227	**405**	4.8	63.9	16.3
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 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
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
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 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 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

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 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
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
Coffee Cake	1 piece (1/9 of 20 oz cake) (63 g)	263	**418**	6.8	46.7	23.3
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
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
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 Peanut Butter Sandwich Cookies	1 oz (28.4 g)	152	**535**	10	50.8	34
Dutch Apple Pie	1 slice (137 g)	397	**290**	2.2	44.5	11.5
Eclair	4 oz (113 g)	377	**334**	4.4	37.4	18.5
Egg Custard Pie	1 oz (28.4 g)	60	**210**	5.5	20.8	11.6
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
Fortune Cookies	1 oz (28.4 g)	107	**378**	4.2	84	2.7
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
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

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
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 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
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 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
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
Guava Pastelitos	1 piece (86 g)	326	**379**	5.5	47.8	18.5
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

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
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 Corn Muffin	1 oz (28.4 g)	90	**316**	7.1	44.2	12.3
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
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 Cake No Frosting	1 piece (1/12 of 9" dia) (74 g)	264	**357**	5.4	57.2	12.4
Homemade Yellow Cake No Frosting	1 piece (1/12 of 8" dia) (68 g)	245	**361**	5.3	53	14.6
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
La Ricura Salpora de Arroz	1 piece (1 serving) (42 g)	187	**445**	8.8	66.3	16.1
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
Little Debbie Nutty Bars	1 serving (57 g)	312	**548**	8	55.2	32.8
Low Fat Breakfast Tart	1 tart (52 g)	193	**372**	4	76.8	6
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 Non-Chocolate Snack Cake	1 cake 1 serving (27 g)	111	**412**	3.7	74.3	11.1
Lower Fat Chocolate Chip Cookie	1 serving 3 cookies (34 g)	153	**451**	6	67.5	17.9
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

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Molasses Cookies	1 medium (15 g)	65	**430**	5.6	73.8	12.8
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 Muffin	1 medium (113 g)	305	**270**	7	48.3	7.4
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 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
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
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
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
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
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
Pineapple Upside-Down Cake	1 oz (28.4 g)	90	**319**	3.5	50.5	12.1
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
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
Pumpkin Pie	1 slice (133 g)	323	**243**	3.9	34.8	9.8
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

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
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
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
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
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
Sponge Cake	1 oz (28.4 g)	82	**290**	5.4	61	2.7
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
Sugar Cookie Dough Baked	1 cookie 1 pre-sliced cookie dough (23 g)	112	**489**	4.7	65.6	23.1
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
Toaster Pastry	1 piece (53 g)	204	**385**	4	71.8	9
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 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
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 Bran Raisin Toaster Muffin Toasted	1 oz (28.4 g)	89	**313**	5.5	55.5	9.4
White Cake with Coconut Frosting	1 oz (28.4 g)	101	**356**	4.4	63.2	10.3
Whole Wheat Pancakes From Mix	1 oz (28.4 g)	59	**208**	8.5	29.4	6.5
Yellow Cake	1 piece (1/12 of a cake) (144 g)	546	**379**	3.2	55.4	17.8

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
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/cakes-cookies-and-pastries/