

# Caroline's Baked Goods Macro Sheet

	<b>Calories</b>	<b>Fat</b>	<b>Total</b>	<b>Fiber</b>	<b>Protien</b>	<b>Net Carbs</b>
Peanut Butter Cookies	179	14	25	22	9	3
Snickerdoodle	145	14	18	17	3	1
White Chocolate Macadamia	165	15	19	17	4	2
Chocolate Chip Cookies	184	15	20	17	4	3
Brownie	121	8	16	14	3	2
Brownie Cheese Cake	173	14	4	8	4	2
Mini Cheese Cake	225	21	4	1	6	2
Cupcake	247	24	32	15	4	2
Cake Ball	247	24	32	15	4	2
Lemon Pound Cake	395	38	6	3	11	3
Caroline's Disco Puck	180	16	19	18	2	1
Candy Bar	462	45	40	36	7	4
Peanut Butter Treat	345	28	19	20	9	4
OG Ding Dong	370	36	48	23	6	3
Stawberry Ding Dong	370	36	48	23	6	3
Peanut Butter Ding Dong	370	36	48	23	6	3
Thin Mint Ding Dong	370	36	48	23	6	3
Birthday Cake Ding Dong	370	36	48	23	6	3
Blue Berry Ding Dong	370	36	48	23	6	3
Banana Cream Ding Dong	370	36	48	23	6	3
Lemon Ding Dong	370	36	48	23	6	3
Decadent Turtle	370	36	48	23	6	3
3" Double Whole	342	48	64	30	6	4
8" Double, Whole	5928	576	768	360	96	48
CupCake	164	24	32	15	4	2
Chocolate Chip cookie cake	3864	315	420	357	84	63
Chocolate Chip cookie Slice	483	39.4	53	357	11	8
Peanut Butter Cookie Cake	3759	36.8	525	58	189	63
Peanut Butter Cookie Slice	470	14	66	22	24	8
Cinnamon Roll	274	13	19	15	24	4
Sausage Kolache	229	17	4	1	12	3
Waffles	282	24	4	2	12	2