

# *Glow Bakery's Nutrition (Macro) Information*

PLEASE NOTE: I use Lakanto sweetener in my bakery it is an erythritol and monk-fruit blend it is a sugar alcohol that has zero calories with no effect on blood sugar. Therefore you can subtract 100% of carbs coming from this sweetener, for this reason when I calculate macros I do not add the sweetener.

## **Breads:**

### **Keto Tortillas (1 tortilla)**

89 calories, 6g fat, 3g protein, 4g carbs, 2g fiber (2g net carbs)

### **Glow Cheddar Biscuits (1 biscuits)**

241 calories, 20g fat, 10g protein, 7g carbs, 4g fiber (3g net carbs)

### **Glow Faux Cornbread (per slice)**

232 calories, 21g fat, 6g protein, 5g carbs, 3g fiber (2g net carbs)

### **Glow Bread (per slice)**

148 calories, 11.7g fat, 6.2g protein, 6.5g carbs, 4.5g fiber (2g net carbs)

### **Glow Biscuits (1 biscuits)**

186 calories, 15g fat, 8g protein, 7g carbs, 4g fiber (3g net carbs)

## **Cookies & Bars:**

### **Roasted Strawberry Shortbread Bar (1 bar)**

236 calories, 22g fat, 5g protein, 8g carbs, 5g fiber (3g net carbs)

### **SEASONAL- Speculoos Salted Caramel Bar (1 bar)**

277 calories, 27g fat, 5g protein, 6g carbs, 3g fiber (3g net carbs)

### **Double Chocolate Chip Cookie (each)**

129 calories, 12g fat, 4g protein, 5g carbs, 3g fiber (2g net carbs)

**Chocolate Chip Pecan Cookie (each)**

213 calories, 20g fat, 4g protein, 7g carbs, 5g fiber (2g net carbs)

**Chocolate Chip Cookie (each)**

175 calories, 16g fat, 3g protein, 6g carbs, 4g fiber (2g net carbs)

**Snickerdoodle Cookie (each)**

106 calories, 10g fat, 2g protein, 4g carbs, 2g fiber (2g net carbs)

**Just Peanut Butter Cookie (each)**

140 calories, 10g fat, 6g protein, 4g carbs, 2g fiber (2g net carbs)

**French Lavender Lemon Bar (1 bar)**

238 calories, 22g fat, 7g protein, 5g carbs, 3g fiber (2g net carbs)

**Glow Fudgy Brownie (1 bar)**

190 calories, 18g fat, 6g protein, 7g carbs, 4g fiber (3g net carbs)

**Salted Caramel Butter Bar (1 bar)**

247 calories, 24g fat, 5g protein, 5g carbs, 2g fiber (3g net carbs)

**SEASONAL – Roasted Strawberry Chocolate Pie Bar (1 bar)**

236 calories, 22g fat, 5g protein, 8g carbs, 5g fiber (3g net carbs)

**Chocolate Peanut Butter Bars (1 bar)**

278 calories, 24g fat, 8g protein, 9g carbs, 5g fiber (4g net carbs)

**SEASONAL -Blueberry Shortbread Bar (1 bar)**

219 calories, 19g fat, 4g protein, 8g carbs, 3g fiber (5g net carbs)

### **Vegan/Paleo/Keto:**

#### **Roasted Strawberry Cake (1 slice, makes 9)**

264 calories, 24g fat, 5g protein, 6g carbs, 4g fiber (2g net carbs)

#### **Vegan Apple Pie Cake (1 slice, makes 16)**

107 calories, 11g fat, 1g protein, 5g carbs, 2g fiber (3g net carbs)

#### **Vegan Pecan Pie Bar (1 bar)**

286 calories, 19.1g fat, 4.9g protein, 6.7g carbs, 4.7g fiber (2g net carbs)

### **Cupcakes & Muffins:**

#### **Vanilla cupcake without frosting 1 serving**

200 calories, 17.3g fat, 5g protein, 5.5g carbs, 3g fiber (2.5g net carbs)

#### **Chocolate cupcake without frosting 1 serving**

200 calories, 17.3g fat, 5g protein, 5.5g carbs, 3g fiber (2.5g net carbs)

#### **Brown Butter “Banana” Nut Muffins w/caramel drizzle**

200 calories, 17.3g fat, 5g protein, 5.5g carbs, 3g fiber (2.5g net carbs)

#### **Vanilla Frosting (per serving)**

100 calories, 11 fat, 1g protein, 1g carbs (1g net carbs)

#### **Cream Cheese Frosting (per serving)**

106 calories, 10g fat, 2g protein, 1g carbs (1g net carbs)

#### **Chocolate Frosting (per serving)**

121 calories, 13 fat, 1g protein, 2g carbs (2g net carbs)

### **Cakes:**

#### **Vanilla Kentucky Butter Cake (1/16<sup>th</sup> of cake)**

301 calories, 27.07g fat, 7.34g protein, 5.54g carbs, 2.5g fiber (3.04g net carbs)

**Chocolate Bundt Cake w/cream cheese frosting (1/16<sup>th</sup> of cake)**

237 calories, 22.9g fat, 6.7g protein, 4.2g carbs, 1.9g fiber (2.3g net carb)

**Sweet Lemon Butter Cake (1/16<sup>th</sup> of cake)**

255 calories, 25.1g fat, 5.2g protein, 5.3g carbs, 2.2g fiber (3.1g net carb)