

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:

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)

160 calories, 3.6g fat, 7.2g protein, 7.2g carbs, 3.5g fiber (2.7g net carbs)

Cookies & Bars:

Speculoos Salted Caramel Bar (1 bar)

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

Double Chocolate Chip Cookie (each)

138 calories, 12g fat, 4g protein, 6g carbs, 2g fiber (4g net carbs)

Chocolate Chip Pecan Cookie (each)

149 calories, 13g fat, 2.2g protein, 3g carbs, 1.5g fiber (1.5g net carbs)

Chocolate Chip Cookie (each)

149 calories, 13g fat, 2.2g protein, 3g carbs, 1.5g fiber (1.5g 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 - Raspberry Shortbread Bar (1 bar)

160 calories, 13.4g fat, 3.3g protein, 4.5g carbs, 1.7g fiber (2.8g net carbs)

Chocolate Peanut Butter Bars (1 bar)

146 calories, 12.9g fat, 4g protein, 5g carbs, 2g fiber (3g net carbs)

SEASONAL -Blueberry Shortbread Bar (1 bar)

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

Vegan Keto:

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 (1/16th 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 (1/16th of cake)

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

Sweet Lemon Butter Cake (1/16th of cake)

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