

**Buffets Inc. Nutrition Information
Breads and Other Items**

Subject to change without notice.
Items vary daily.

Menu Item	Serving Size, grams	Calories	Calories from Fat	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Biscuits	41 (1 biscuit)	130	50	6	1.5	2	0	3	16	1	<1	340
Buns, Hot Dog	43 (1 bun)	120	20	2	1	0	0	4	22	3	3	210
Caramel Rolls	43 (1 roll)	140	50	5	1	0	0	3	22	8	<1	115
Cinnamon Bread	50 (1 slice)	160	20	2.5	0.5	0	0	3	32	13	1	140
Cinnamon Rolls	40 (1 roll)	140	50	5	1	0	0	2	23	10	<1	115
Cornbread	50 (1 piece)	160	50	6	1	0	15	3	25	10	<1	320
Dinner Rolls	38 (1 roll)	130	50	5	1	0	0	3	18	4	<1	120
Dinner Rolls, White-Pull-A-Part	39 (1 roll)	130	50	5	1	0	0	3	18	4	<1	120
English Muffins, dry	26 (1/2 muffin)	60	5	0.5	0	0	0	2	13	<1	<1	200
Flour Tortilla	38 (1 tortilla)	120	30	3	0.5	0	0	3	20	<1	1	240
Garlic Bread	18 (1 slice)	70	30	3	0.5	0	0	2	9	0	0	110
Garlic Cheese Biscuit	60 (1 biscuit)	230	140	15	4	2	10	5	20	3	<1	630
Honey Cornbread	50 (1 piece)	170	60	7	1	0	15	3	26	12	<1	320
Jalapeño Cornbread	50 (1 piece)	160	50	6	1	0	15	3	25	10	<1	320
Loaf Bread												
<i>Wheat</i>	25 (1 slice)	70	10	1	0	0	0	3	12	1	1	130
<i>French</i>	25 (1 slice)	70	5	0.5	0	0	0	3	14	<1	<1	160
<i>Pumpernickel</i>	25 (1 slice)	60	10	1	0	0	0	2	12	0	2	170
Muffins												
<i>Apple Walnut</i>	73 (1 muffin)	220	70	8	1	0	0	3	34	17	1	290
<i>Banana Walnut</i>	83 (1 muffin)	270	120	13	2	0.5	0	5	35	16	2	290
<i>Blueberry</i>	80 (1 muffin)	230	80	9	1.5	0.5	0	4	34	16	1	290
<i>Cherry</i>	77 (1 muffin)	240	80	9	1.5	0.5	0	4	35	15	1	300
<i>Coconut Almond</i>	68 (1 muffin)	230	90	10	3.5	0	0	3	32	15	1	300
<i>Corn Muffin</i>	105 (1 muffin)	320	110	12	2	0	35	6	49	22	1	630
<i>Cranberry Walnut</i>	79 (1 muffin)	250	100	11	1.5	0	0	4	34	18	1	280
<i>Hot Fudge Chocolate Chip</i>	83 (1 muffin)	280	110	12	3	0	0	4	42	23	2	310
<i>Hot Fudge Sundaes</i>	91 (1 muffin)	290	110	12	3.5	0	0	4	43	24	2	330
<i>Oatmeal Raisin</i>	81 (1 muffin)	270	90	10	1.5	0.5	0	5	43	18	2	290
<i>Peach</i>	89 (1 muffin)	250	80	9	1.5	0.5	0	4	38	16	1	300
<i>Piña Colada</i>	90 (1 muffin)	220	80	9	1.5	0	0	3	33	17	1	280
<i>Poppy Seed</i>	66 (1 muffin)	220	90	10	1.5	0	0	4	29	13	2	280

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<i>Pumpkin w/ Raisins</i>	85 (1 muffin)	240	80	9	1.5	0.5	0	4	38	19	2	290
<i>Rum Raisin</i>	76 (1 muffin)	240	70	8	1	0	0	4	40	21	1	280
<i>Strawberry</i>	89 (1 muffin)	260	80	9	1.5	0.5	0	4	41	22	1	300
<i>Zucchini</i>	72 (1 muffin)	220	80	9	1.5	0.5	0	4	32	14	1	290



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